

# ATHLETE ANALYZER ACADEMY

JULY 19-21, Rogla Slovenia



Welcome to the very first seminar of the athlete analyzer academy. We are proud to invite you to beautiful Rogla Slovenia and the Slovenian Olympic Training centre.

We are going to have 3 days of education and training where we are going to talk about some of the most important topics for training and elite sports. The module will be about:

- Biomechanics as foundation for training
- From analysis to training program
- Age related training, module 1
- Athlete analyzer platform and evidence-based coaching

Our biggest believe is that it is important to train smart and not just hard. Being effective with your time is very important for many reasons. Both from a time standpoint, injury standpoint but maybe most important. It will increase your chance to reach your goals!

The seminar will be held by Rob Haans and Benny Lah, both World Champions in Ju jitsu fighting and long-time coaches. Rob is the co-developer of the Athlete Analyzer ju Jitsu Platform. They will guide you through all the topics, and as well share some of there experiences of their career as an athlete and coach.

Rob has used the platform for almost 2 years now with great results. Rob is teaching clubs and single athletes through the platform from different places all over the world.

The seminar is open and innovative. We will mix theory and practice and their will be a lot of time for questions and discussions which will give much extra value to the seminar!

The idea with the Academy is that we will have more modules in the future with a lot of different topics and different experts. Clubs will be able to separate themselves by choosing this modern and professional way of coaching.

We look forward to see you in Slovenia!

Athlete Analyzer Academy,

Rob Haans and Benny Lah

Program:

**Friday, 19/7/2019:**

Check in

Welcome

Biomechanics as foundation for training, theory 1

Biomechanics as foundation for training, practice 1

**Saturday, 20/7/2019:**

**Breakfast**

Biomechanics as foundation for training, theory 2

Biomechanics as foundation for training, practice 2

**Lunch**

Ju Jitsu Analysis, part 1, theory 1

Ju Jitsu Analysis, part 1, practice 1

**Sunday, 21/7/2019:**

**Breakfast**

Ju Jitsu Analysis, part 2, theory 2

Ju Jitsu Analysis, part 2, practice 2

**Lunch**

Athlete Analyzer platform, theory 1

Athlete Analyzer platform, practice 1

**Price:**

€ 595:- per person, this includes:

- Stay in 4-person cabin (2 rooms for 2 persons)
- Tourist tax
- Full board (buffet with quality food)
- 2x 90min Sports hall per day
- 1x 60min Fitness per day
- 1x sauna and swimming pool per day
- 3 days of seminar with professional coaches
- One month of free Athlete Analyzer Coach Account (worth € 30:-)
- Free Athlete Analyzer Support after the seminar

**We have Special Prices for Teams and Federations:**

Up to 5 persons per team € 595:- PP

5-10 persons per team € 500:- PP

10+ persons per team € 450:- PP

These are full board prices,

No sleep over, only food? – €50:- PP



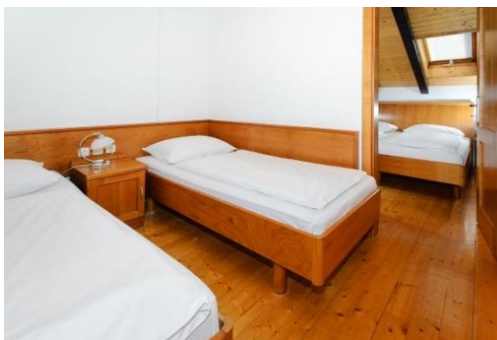
**Adress:**

**Rogla Unitor Sport Resort**

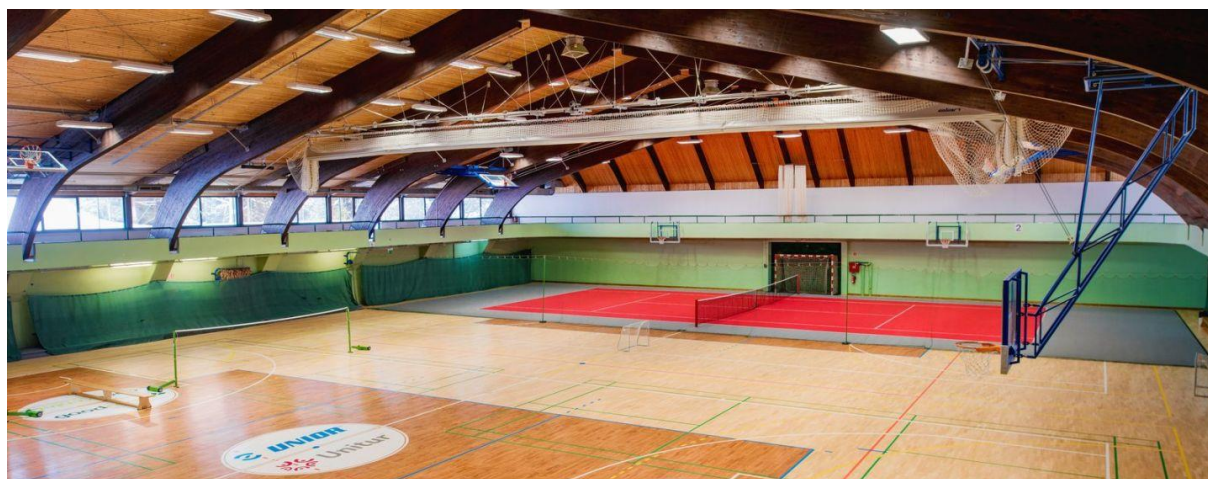
Rogla 1, 3214 Zreče, Slovenia

<https://www.rogla.eu/en/>

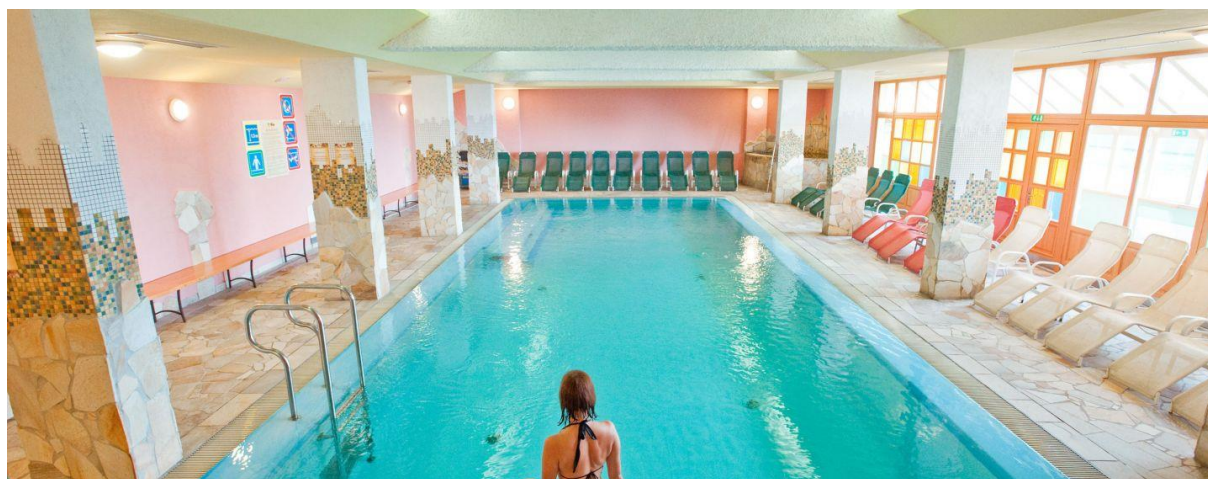
Accommodation:



4 pers cabins, 2 rooms for 2 persons



Sportshall, Fitness centre and dojo



Relax area and Pool

Payment to be done to our account before the start of the event:

**We will send the bank details after you have registered for the event.**

**PS! No refunds and cancelations possible after the 1<sup>st</sup> of July 2019**

Contact information:

For any questions about the event please contact us by e-mail or telephone.

**E-mail for registration:**

Rob Haans

[rob@athleteanalyzer.com](mailto:rob@athleteanalyzer.com)

+46 763 180 125

**For all questions about hospitality and transport to Rogla:**

Benny Lah

[benxy.01@gmail.com](mailto:benxy.01@gmail.com)

Be part of this unique seminar and get ready for the new and upcoming season!

We look forward to see you in Rogla in July!

Best regards,

Rob Haans and Benny Lah