



Invitation to the First UWRAcademy

Thursday 23. November, Berlin

What is this? Why is this happening?

For the first time, UWRAcademy is organising an international workshop for the international UWR community. We are a group of players from different countries who got together because we feel there's a need for conversation – and for networking amongst ourselves.

We are making use of the opportunity that the Champion's Cup gives us: many players and trainers from all around the world will converge in Berlin, it is an ideal moment to get together and talk about what matters to us.

The topics were decided after conducting a survey among the community. There will be time and space to discuss also other topics that feel urgent to the group.

Join us to talk about Underwater Rugby – everyone is welcome, everyone's perspective is valuable!

When and where will it take place?

Thursday 23. November
15:00 – 20:00 (official programme)
Open end discussions in the evening

The location:
GERHARD-SCHLEGEL-SPORTSCHULE
Priesterweg 4-6 B - 10829 Berlin.

What will it cost me? How do I register?

We have made sure that the costs stay as low as possible for this first time. We ask you to contribute on a pay-as-you-wish basis: You give what you can and want to afford.

Please register at <http://tinyurl.com/UWRAcademy17> so we can make sure to have enough chairs, coffee and snacks for everyone!

How can I contribute?

If you consider yourself an expert or have input to give on one of the fixed topics, we would love to hear from you – we're open to having co-hosts for the sessions!

If you have lots of questions, come and ask! We believe this will make discussions valuable and fruitful!

What's on the agenda?

Time	Agenda & Topic
14:00 - 15:00	<i>Arrival (& Setting up the rooms)</i>
15:00 - 15:30	Welcome / Check-In Why we are here at the first UWRAcademy? Host: Julia Braunegg (STC Graz, Austria)
15:30 - 16:45	Let's talk about: Best practice coaching techniques to advance a team Host: <ul style="list-style-type: none">• Wolfgang Tress (Sporttaucher Berlin, Germany)
16:45 - 17:00	<i>Short break</i>
17:00 - 18:15	Let's talk about: Injuries in UWR and their prevention – a comparison between adults and juniors from a global perspective Host: <ul style="list-style-type: none">• Torsten Stanschus (Nikaia Rugby Subaquatique Nice, France)
18:15 - 19:30	Take-Aways of this first UWRAcademy & Check Out Host: Julia Braunegg (STC Graz, Austria)
19:30 - 20:00	<i>Clearing rooms & moving to a bar close-by</i> <i>(bar location to be announced)</i>
20:00 - open-end	Let's Talk about: Anything that moves the #UWRFamily incl. a possible next #UWRAcademy?! Host: #UWRFamily

How do I contact you?

Follow us on facebook at <http://www.facebook.com/uwr.academy>

Write us an email at uwr.academy@gmail.com

Check out our website at <http://www.uwr24.de/uwr-academy/>