** MAJORETTE SPORT WORLD FEDERATION**

 **SEMINAR OF MAJORETTE SPORT**

 **LUXEMBOURG/ 31.01.-02.02.2020.**

**PROGRAMME:**

**FRIDAY, 31.01.2020.**

**14:00 – 18:00 THEORETICAL PART**

* MWF history
* Presentationof MWF organization as a global federation
* Introductionof MWF system ofcompetition
* Presentationof program for educationofnationallicensedcoachesandjudges
* MWF rulebook: introducingbasicrules, competitivecategories, compulsoryelements, levelsofworkwithequipment
* COMPETITIVE CATEGORIES:
	+ BATON SOLO FORMATIONS (SOLO, DUO-TRIO, MINI FORMATION)
	+ BATON CHOREOGRAPHY
	+ BATON DEFILE
	+ POM PON SOLO FORMATIONS (SOLO, DUO-TRIO, MINI FORMATION)
	+ POMPON CHOREOGRAPHY
	+ POMPON DEFILE
	+ BATONFLAG

**14:00 - 18:30 PRACTICAL PART**

* Warm-up
* Levelsofworkwith BATON
* Work on BATON CHOREOGRAPHY

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**SATURDAY, 01.02.2020.**

**09:00 – 13:30 PRACTICAL PART**

* Warm-up
* LevelsofworkwithBATON
* Work on BATON elements
* Work on BATON CHOREOGRAPHY

**LUNCH BREAK**

**14:30 - 18:30 PRACTICAL PART**

* Warm-up
* LevelsofworkwithPOM PON
* Work on POM PON elements, liftings, waves, patterns
* Work on POM PON CHOREOGRAPHY

**SUNDAY, 02.02.2020.**

**10:00 – 13:00** **PRACTICAL PART**

* Warm-up
* Work on compulsoryelementsof BATON and POM PON
* Work on gymnasticandacrobaticelements

**LUNCH BREAK**

**14:00 – 17:00 PRACTICAL PART**

* Levelsofworkwith BATONFLAG
* Work on BATONFLAG elements
* Work on BATONFLAG CHOREOGRAPHY

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