












TESTARI PROBE TEHNICE,

16 august 2022













8 ani

Grupa 1			Grupa 2			Grupa 3	Grupa 4		
PUSH UP 	Wensson PU 	STRADDLE SUPPORT CU SPRIJIN PE CALCAIE	SARITURA DREAPTA	AIR TURN 180	PE SOL TUCK	ECHILIBRU PASSE	ROSTOGOLIRE	ROATA	POD


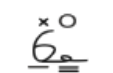












9-11 ani

Grupa 1				Grupa 2				Grupa 3			Grupa 4					
					PE SOL PIKE		SPLIT JUMP DR/ST	COSSACK JUMP DR/ ST	FOUETTE DIN PAS				STAND PE MAINI ROSTOGOLIRE	LENTA INAINTE	LENTA INAPOI	RONDA

12-13 ani

Grupa 1				Grupa 2				Grupa 3			Grupa 4					
									ELAN FOUETTE + SPLIT JUMP				TEMPO HIGH V	FLIC INAINTE	FLIC INAPOI	RONDA

14-16 ANI

Grupa 1				Grupa 2				Grupa 3				Grupa 4				
													Tempo Gainer		DANILOVA	SALT

GRUPELE DE

	GRUPA 1	GRUPA 2	GRUPA 3	GRUPA 4
Antrenori	Cristina Dulgheroiu	Cristiana Spinu	Mariana Mezei	Mircea Brinzea
	Laura Cristache	Madalina Cioveie	Antonio Papazov	Bogdan Banta
Suport	Sarmiza Niculescu	Sandra Dinca	Sarmiza Niculescu	Larisa Suiu

EVALUARE