

Master Class Maryna Boiko

Ficha Técnica

Quando ?

De 2 Ago a 7 Ago 2023

Onde ?

Local Principal: Polidesportivo do liceu de Faro;

Outros: Quadra na Praceta Capitães de Abril, Faro; Recinto Alameda João de Deus.

Os locais serão informados em data anterior.

Como ?

Horários

Diário Dias úteis:

De 18h30 às 21h30

Fim de semana:

Das 9h00 às 11h30 e das 18h00 às 20h30

O quê ?

Conteúdo:

- a) Aumentar a fluidez nos básicos;
- b) Melhorar a capacidade de construção (Battle e Classic);
- c) Melhorar o Footwork e ligação inter-tricks.

Quanto ?

25,00 Eur. para associados.

100,00 Eur. para externos (se admitidos por proposta).

O TREINADOR:

- Name: Boyko Marina
- Birthdate: 07 February 1974
- Nationality: Ukranian
- Job/Occupation: President of the Odessa Amateur Sport Association, slalom skater, and trainer.

A few personal questions:

- A definition of Freestyle? It's my hobby and my job. Freestyle slalom looks like figure skating around cones.
- Why is your hair orange? During my life I tested all colors. Orange is what I like best.
- Which kind of tricks do you like best in slalom? It's the stylish aspect of spinning tricks.
- You're a master in Battles. And what about Classic? Any preferences? No preferences, I like them both. I do battle for satisfaction, classic for soul. For me, classic starts from music, then I compose my program (freestyle only) and only after, I add tricks.

To train for battle, I choose tricks that I'm going to show and I combine them in different successions, looking for an easy way to complete freestyle, technique and speed.