

Südtiroler **SPORTFORUM** Mals

23. - 29. Juli | July | Luglio 2022

HERZLICH WILLKOMMEN
A CORDIAL WELCOME!
BENVENUTI

23.07.2022

14.00 Anmeldung

Check In / Registration
Registrazione

18.45 Eröffnungsfeier mit Programmorschau – Aula Magna

Opening ceremony with programme preview – Aula Magna
Cerimonia d'inaugurazione e anteprima del programma – Aula Magna

19.30 Abendessen im Schulhof

Welcome dinner in the schoolyard
Cena nel cortile della scuola

Volkstänze mit Demar Klaus

Music and traditional Dances with Demar Klaus
Danze tradizionali con Demar Klaus

Alternative Programm: in the school lounge

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3		Athletic Stadion 6	Class Room 8	Swimming Pool	Meeting Point
8:30 - 9:30	Salsa P. Cristensen	Running History M. Schreiner	Running History M. Schreiner	NML 1 G. Judmayr	6 Athletics primary school T. Lechthaler	Rugby Soccer M. Romano	Meditaping 1 The static of Man D. Sielmann	Lifeguard Drills R. Gruin	Street Racket R. Straub
9:45 - 10:45	Floorwork 1 C. Balzama	Running History* M. Schreiner	Running History* M. Schreiner	NML 2 G. Judmayr	4 Yoga for you S. Penttilä	Baseball 1 D. Azzolini	6 Ariel Yoga M.Missa/ M.Lopez	Lifeguard Drills R. Gruin	5 Crossfit M. Hillebrand
Jause - Coffee time - Merenda									
11:15 - 12:15	Floorwork 2 C. Balzama	Burner Games 2022 M. Sutter	Burner Games 2022 M. Sutter	Floorball 1 A. Krasauskas	7 Table Tennis 1 T. Ming Hsien	Gaelic Football N. Tuhuteru	6 Ariel Yoga M.Missa/ M.Lopez	6 Psychokinetics 1 S. Stuffer	6 Spikeball V. Chiusole
Pranzo - Mittagessen - Lunch time									
14:00 - 15:00	Ninja Warriors T. Lechthaler	Flying People B. Curt	Basketball 1 J. Zownir	Gymnastics C. Schaudt		Baseball 2 D. Azzolini	Sports Massage introduction/ lower extremities V. Novak	6 Parcour D. Fanelli	5 High Intensity Training M. Hillebrand
15:15 - 16:15	Floorwork 1* C. Balzama	Balance & Coordination in PE O. Batutis	Folk Dance K. Demar	NML 3 G. Judmayr	7 Table Tennis 2 T. Ming Hsien	Ultimate N. Tuhuteru	6 Baseball Soccer M. Romano		6 Street Racket R. Straub
Jause - Coffee time - Merenda									
16:30 - 17:30	Dance Composition 1 R. Fanni	Wrestling and fighting games M. Schreiner	Wrestling and fighting games M. Schreiner	Super Kids 1 A. Vizbariene	T Theory Innovative Psychotecnology A. Krasauskas		Meditaping 1* The static of Man D. Sielmann	6 Parcour D. Fanelli	5a Indoor Cycling 1 R. Müllen
19:30	SPORTWELL NIGHT 19.30 Dinner in the Sportwell Mals • 21.00 - 24.00 Live music with DJ PATEX								

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3		Athletic Stadion 6	Class Room 8	Swimming Pool	Meeting Point
8:30 - 9:30	Cha Cha P. Christensen	Olympic Wintergames M. Schreiner		NML 4 G. Judmayr	⊙ Spikeball* V. Chiusole	Athletics Pole Vault T. Lechthaler	Meditaping 2 D. Sielmann	Intervaltraining on the Bike D. Giuriato	5 Crossfit * M. Hillebrand
9:45 - 10:45	Yoga for Teens S. Penttilä	Ice Stock Indoor S. Mulser	Powerstones 1 D. Franzelli/ E. Grazioli	Rope Skipping B. Curt	5a Indoor Cycling 2 R. Müllen	Baseball 1* D. Azzolini	⊙ Aerial Yoga M.Missa/ M.Lopez	Total Body Acquabike D. Giuriato	
Jause - Coffee time - Merenda									
11:15 - 12:15	Folk Dance* K. Demar	Ice Stock Indoor S. Mulser	Basketball 2 J. Zownir	NML 5 G. Judmayr	7 Table Tennis 3 T. Ming Hsien	Kin Ball M. Gasser	⊙ Aerial Yoga M.Missa/ M.Lopez	Swimming 1 M. Ngalioma	
Pranzo - Mittagessen - Lunch time									
14:00 - 15:00	Super Kids 2 A. Vizbariene	Floorball 2 A. Krasauskas		Psychokinetics S. Stuffer	7 Table Tennis 3 Tournament T. Ming Hsien	Inclusion and Athletics M. Traut	6 Baseball 2* D. Azzolini	⊙ Parkour D. Fanelli	
15:15 - 16:15	Dance Composition 2 R. Fanni	Donut Hockey Update M. Sutter	Donut Hockey Update M. Sutter	Powerstones 2 D. Franzelli/ E. Grazioli	6 Gaelic Football* N. Tuhuteru	Inclusion and Athletics M. Traut	⊙ Street Racket R. Straub	⊙ Ice Stock Outdoor S. Mulser	5 High Intensity Training* M. Hillebrand
Jause - Coffee time - Merenda									
16:30 - 17:30		Obstacle course M. Schreiner	Obstacle course M. Schreiner	NML 6 G. Judmayr	5a Indoor Cycling 3 R. Müllen	Inclusion and Athletics M. Traut	Meditaping 3 D. Sielmann	⊙ Parkour D. Fanelli	6 Woodball T. Ming Hsien
19:30	“Away from the pandemic, a new era begins“ with KARL PERFLER 18.30 Start from the Meeting Point to Tschengls “MÖHRENHÜTTE” • 20:00 Special evening with local food of the Möhrenhütte								

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Meeting Point	Meeting Point	Class Room 8	Swimming Pool	Meeting Point
8:30 - 9:30	Salsa* P. Christensen	Running Games M. Schreiner	Running Games M. Schreiner	NML 7 G. Judmayr	Aerial Yoga M.Missa/ M.Lopez	Powerstones 1* M. Franzelli/ E.Grazioli	Meditaping D. Sielmann 4	Swim and Fun D. Giuriato	5a Outdoor Cycling 1 R. Müllen
9:45 - 10:45	Dance Composition 3 R. Fanni	Juggling B. Curt	Basketball 3 J. Zownir	NML 8 G. Judmayr	Aerial Yoga M.Missa/ M.Lopez		Bike at School A. Trivellato	Arm Work in Deep Water D. Giuriato	Street Racket R. Straub
Jause - Coffee time - Merenda									
11:15 - 12:15	Functional Fitness in PE L. Batutyte	Burner Speed games M. Sutter	Burner Speed games M. Sutter	Floorball 3 A. Krasauskas	Orienteering 1 C. Kirchlechner	Powerstones 2* M. Franzelli/ E.Grazioli	Bike at School A. Trivellato	Swimming 2 M. Ngalioma	5a Outdoor Cycling 2 R. Müllen
Pranzo - Mittagessen - Lunch time									
14:00 - 18:00	Culture Trips: Stand up Paddling • Alpine Yoga • Mountain bike • Hiking Trip								
19:30	19:30 Dinner in the Schoolyard 21:00 Classic Concert in the Aula Magna with Greta Brenner - sopran & Susanne Satz - piano 21:30 Live music in the Lollo Pub with the Simple Men								

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Meeting Point	Athletic Stadion 6	Meeting Point	Swimming Pool	Theory Room	
8:30 - 9:30	Ninja Warriors* T. Lechthaler	Tria Play C. Schaudt	Super Kids 1* A. Vizbariene		5 Outdoor Cycling A. Trivellato	Rugby Soccer* M. Romano	⊙ Slack Line L. Clara	Resistance and Reactivity D. Giuriato	9 Target Sprint Shooting E. Zelger	Feet Check
9:45 - 10:45	Break Dance R. Neuhaus	Badminton 1 V. Leiter		Acrobatics B. Curt	⊙ Slack Line * L. Clara	Beach Volley 1 M. Gröber	⊙ Hula Hoop 1 E. Fink	Swimming 3 M. Ngalioma	9 Target Sprint Shooting* E. Zelger	
Jause - Coffee time - Merenda										
11:15 - 12:15	Dance Composition 4 R. Fanni	Badminton 1 V. Leiter		Basketball 4 J. Zownir	5 Outdoor Cycling A. Trivellato	Kin Ball* M. Gasser	⊙ Orienteering2 C. Kirchlechner	4 Yoga with a Friend S. Penttilä	T VSS Beweg dich schlau (german language) M. Randl	
Pranzo - Mittagessen - Lunch time										
14:00 - 15:00	Functional Fitness in PE* L. Batutyte	Badminton 2 V. Leiter	VSS Beweg dich Schlau M. Randl	Volleyball 1 M. Gröber	⊙ Slack Line * L. Clara	Athletics primary school* T. Lechthaler		8 Meditaping 5 D. Sielmann	⊙ Street Racket R. Straub	Feet Check
15:15 - 16:15	Cha Cha* P. Christensen	Badminton 2 V. Leiter		Super Kids 2* A. Vizbariene	⊙ Target Sprint Shooting/ running E. Zelger	Baseball Soccer* M. Romano	⊙ Aerial Yoga M.Missa/ M. Lopez	⊙ Hula Hoop 2 E. Fink	⊙ Orienteering 3 C. Kirchlechner	
Jause - Coffee time - Merenda										
16:30 - 17:30	Power Moves R. Neuhaus	Burner @ Home M. Sutter	Burner @ Home M. Sutter	Fencing N. Tuhuteru	⊙ Target Sprint Shooting/ running E. Zelger	Beach Volley 2 M. Gröber	⊙ Aerial Yoga M.Missa/ M. Lopez	8 Sports Massage quick recap upper extremities V. Novak		
19:30	MALS LIVE • 19:00 Group Photo in the school yard • 19:30 Dinner in the Village of Mals DORFANGER • 21:00 Live Music with the Big Band Mals 21:30 Sportforum Festival with our traditional performances • TRADITIONAL CLOTHES of your Country									

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8:30 - 9:30	Break Dance R. Neuhaus		Volleyball 2 M. Gröber	Climbing L. Clara	6 Athletics Pole Vault* T. Lechthaler	Ultimate* N. Tuhuteru	MP Hula Hoop 1* E. Fink	Acqua Wellness R. Gruin	MP Orienteering 3 C. Kirchlechner
9:45 - 10:45	Power Moves R. Neuhaus	Flying People B. Curt	Psychokinetics S. Stuffer	Spiral Stabilisation1 P.Barreto/ C.Vilella	MP Aerial Yoga M.Missa/M. Lopez		5 Outdoor Cycling 3 R. Müllen	Acqua Wellness R. Gruin	8 Meditaping 6 D. Sielmann
Jause - Coffee time - Merenda									
11:15 - 12:15	Salsa* P. Christensen	Balance & Coordination in PE* O. Batutis	Basketball J. Zownir	Spiral Stabilisation1 P.Barreto/ C.Vilella	MP Aerial Yoga M.Missa/M. Lopez		MP Hula Hoop 2* E. Fink	MP Streeracket R. Straub	MP Orienteering Competition C. Kirchlechner
Pranzo - Mittagessen - Lunch time									
14:00 - 15:00	Dance Composition 5 R. Fanni	Spiral Stabilisation 1* P.Barreto/ C.Vilella		Climbing* L. Clara		Beachvolley 3 M. Gröber	5 Outdoor Cycling 4 R. Müllen	T Theory Innovative Psychotechnology A. Krasauskas	8 Sports Massage quick recap back and neck V. Novak
15:15 - 16:15	Jungle Dance R. Neuhaus	Spiral Stabilisation 1* P.Barreto/ C.Vilella	Burner Urban Flow S. Muriel	Burner Urban Flow S. Muriel		Woodball T. Ming Hsien	MP Hula Hoop E. Fink	MP Streeracket R. Straub	
Jause - Coffee time - Merenda									
16:30 - 17:30	All Together • Yoga with Sari Penttilä (Gym Hall A)								
19:30	FAREWELL EVENING • 19:30 Dinner in the Village Hall (Kulturhaus) Mals 20:30 - 00:30 Live Music and Dance								