PATVIRTINTA

Jurbarko rajono kūno kultūros ir sporto

Centro direktoriaus 2015 m. spalio 14 d.

Įsakymu Nr. VĮ-97

**JURBARKO RAJONO KŪNO KULTŪROS IR SPORTO CENTRAS**

**TRENIRUOČIŲ PLANAVIMO IR APSKAITOS**

**ŽURNALAS**

**20......../ 20........**

|  |  |
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| **Sporto šaka** |  |
| **Treneris** |  |
| **Grupė** |  |
|  |  |

\* Sportininkų ugdymo centras – sporto mokymo įstaiga, sporto centras, specializuota vienos ar kelių sporto šakų įstaiga, kuri gali vykdyti neformalųjį vaikų bei suaugusiųjų švietimą, rengia tam tikros kvalifikacijos sportininkus ir sportuotojus, taip pat atlieka kitas steigėjų jiems priskirtas funkcijas.

**SUTRUMPINIMAI**

**OŽ** – olimpinės žaidynės

**PČ** – pasaulio čempionatas

**EČ** – Europos čempionatas

**PT 1** – Pasaulio taurė (Pasaulio taurės 1 etapas)

**ET 1** – Europos taurė (Europos taurės 1 etapas)

**TV** – tarptautinės varžybos

**PJmČ** – pasaulio jaunimo čempionatas

**PJnČ** – pasaulio jaunių čempionatas

**EJmČ** – Europos jaunimo čempionatas

**EJnČ** – Europos jaunių čempionatas

**PJOŽ** – Pasaulio jaunimo olimpinės žaidynės

**EJOF** – Europos jaunimo olimpinis festivalis

**PSU** – Pasaulio studentų Universiada

**BŠŽ** – Baltijos jūros šalių sporto žaidynės

**LČ** – Lietuvos čempionatas

**LJmČ** – Lietuvos jaunimo čempionatas/ pirmenybės

**LJnČ** – Lietuvos jaunių čempionatas/ pirmenybės

**LJnčČ** – Lietuvos jaunučiu čempionatas/ pirmenybės

**LJnŽ** – Lietuvos jaunių sporto žaidynės

**Lvč** – Lietuvos vaikų čempionatas/ pirmenybės

**Jm** – jaunimo amžiaus grupė

**Jn** – jaunių amžiaus grupė

**Jnč** – jaunučių amžiaus grupė

**V** – vaikų amžiaus grupė

**Treniruočių tvarkaraštis**

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| Dienos | Laikotarpis  nuo ......................... iki ......................... | | Laikotarpis  nuo ......................... iki ......................... | | Laikotarpis  nuo ......................... iki ......................... | |
| laikas | vieta | laikas | vieta | laikas | vieta |
| Pirmadienis |  |  |  |  |  |  |
| Antradienis |  |  |  |  |  |  |
| Trečiadienis |  |  |  |  |  |  |
| Ketvirtadienis |  |  |  |  |  |  |
| Penktadienis |  |  |  |  |  |  |
| Šeštadienis |  |  |  |  |  |  |
| Sekmadienis |  |  |  |  |  |  |

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| Dienos | Laikotarpis  nuo ......................... iki ......................... | | Laikotarpis  nuo ......................... iki ......................... | | Laikotarpis  nuo ......................... iki ......................... | |
| laikas | vieta | laikas | vieta | laikas | vieta |
| Pirmadienis |  |  |  |  |  |  |
| Antradienis |  |  |  |  |  |  |
| Trečiadienis |  |  |  |  |  |  |
| Ketvirtadienis |  |  |  |  |  |  |
| Penktadienis |  |  |  |  |  |  |
| Šeštadienis |  |  |  |  |  |  |
| Sekmadienis |  |  |  |  |  |  |

**Duomenys apie sportininkus**

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| Eil.  Nr. | Sportininko vardas, pavardė | Gimimo data | Mokymosi įstaiga | Klasė, kursas | Namų adresas | Priėmimo į SUC data | Duomenys apie sportininkų pasiekimus | | | | | |
| Geriausias rezultatas [[1]](#footnote-1) | .............. m. [[2]](#footnote-2) | | Planuojamas rezultatas \_\_\_\_\_ m. | Meistriškumo rodiklis [[3]](#footnote-3) | Meistriškumo rodiklio įvykdymo data |
| planuota | įvykdyta |
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**Ciklinių sporto šakų sportininkų 20 ...../ 20..... m. mokomųjų treniruočių krūvio planas ir apskaita**

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| Laikotarpiai |  | |  | |  | |  | |  | |  | |  | | |  | | |  | |  | |  | |  | |  | |
| Etapai |  | |  | |  | |  | |  | |  | |  | | |  | | |  | |  | |  | |  | |
| Rengimo kryptys |  | |  | |  | |  | |  | |  | |  | | |  | | |  | |  | |  | |  | |
| Mėnesiai |  | |  | |  | |  | |  | |  | | |  | | |  | |  | |  | |  | |  | | **IŠ VISO** | |
| Planuota (Pl); Įvykdyta (Įv) | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | | Pl | Įv | | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv |
| Treniruočių dienų skaičius |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| Treniruočių skaičius |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| **Bendras krūvis (val.)** |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| BFR (val.) |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| SFR (val.) |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| *Spec. darbo turinys (pagal intensyvumo zonas):* |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| *AP1 La iki 2 mmol/l, PD 130±10 k./min* |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| *AP2 La 2–4 mmol/l, PD 150±10 k./min* |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| *AGP La 4–12 mmol/l, PD 170±10 k./min* |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| *GP La iki 21 mmol/l , PD 181< k./min* |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| *KF La 1,5–6 mmol/l, proc.* |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| Techninis rengimas (val.) |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| Taktinis rengimas (val.) |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| Varžybos (val.) |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
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| Varžybų skaičius |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |
| Startų skaičius |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |

BFR – bendrasis fizinis rengimas;

SFR – specialusis fizinis rengimas (krūvio apimtis planuojama nuo Meistriškumo ugdymo pakopos)

AP1 – aerobinio pajėgumo palaikymas, atsigavimas (laktato koncentracija kraujyje iki 2 mmol/l, PD 130±10 k./min);

AP2 – aerobinio pajėgumo ugdymas (laktato koncentracija kraujyje 2–4 mmol/l, PD 150±10 k./min), ASR spec. raumenų galingumo didinimas;

AGP – mišraus aerobinio ir anaerobinio glikolitinio pajėgumo ugdymas (laktato koncentracija kraujyje 4–12 mmol/l, PD 170±10 k./min), VO2 max didinimas;

GP – anaerobinio glikolitinio pajėgumo ugdymas (laktato koncentracija kraujyje iki 21 mmol/l, PD 181 ir daugiau k./min);

KF – anaerobinio kreatinfosfatinio (maksimalių pastangų) galingumo ugdymas (laktato koncentracija kraujyje 1,5–6 mmol/l).

Aciklinių sporto šakų sportininkų 20 ...../ 20..... m. mokomųjų treniruočių krūvio planas ir apskaita

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| Laikotarpiai |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Etapai |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Rengimo kryptys |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Mėnesiai |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | **IŠ VISO** | |
| Planuota (Pl); Įvykdyta (Įv) | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv | Pl | Įv |
| Treniruočių dienų skaičius |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Treniruočių skaičius |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Bendras krūvis (val.)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BFR (val.) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SFR (val.) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Techninis rengimas (val.) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Taktinis rengimas (val.) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Varžybos (val.) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Varžybų skaičius |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Startų skaičius |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Stovyklos |  | | | | | | | | | | | | | | | | | | | | | | | |  |  |
| Varžybos |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

BFR – bendrasis fizinis rengimas;

SFR – specialusis fizinis rengimas (krūvio apimtis planuojama nuo Meistriškumo ugdymo pakopos).

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

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| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

**20 ..... m. ....................................... mėn. treniruočių krūvio planas ir apskaita**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Data | Treniruočių turinys | Trukmė (val.) | Atlikto darbo apskaita | | |
| Pastabos (korekcijos, pakeitimai) | Trukmė (val.) | Trenerio  parašas |
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|  | Iš viso val. |  | Iš viso val. |  |  |

**Lankomumo apskaita**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| *Eil. Nr.* | *Vardas, pavardė* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *2.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *3.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *4.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *5.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *6.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *7.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *8.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *9.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *10.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *11.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *12.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *13.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *14.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *15.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *16.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *17.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *18.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *19.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *20.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *21.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *22.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *23.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *24* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *25.* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Treniruočių dienų skaičius pl./įv. ........./......... Treniruočių skaičius pl./įv. ........./.........

Mėnesio ataskaita (trenerio išvados, pastabos, teigiami ir neigiami rengimo aspektai ir kt.):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tiesioginis vadovas |  |  | Treneris |  |
| (pvz., metodininkas, pavaduotojas ugdymui ir kt.) | (parašas, data) |  |  | (parašas, data) |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Sportininko fizinio išsivystymo, funkcinio pajėgumo ir dalyvavimo varžybose duomenys** | | | | | | | | |
| Sportininko vardas, pavardė | |  | | | | |  |  |
|  |  | | | |  |  |  |  |
| Eil. Nr. | Fizinio išsivystymo rodikliai | | | | data | data | data | data |
| 1. | Ūgis (cm) | | | |  |  |  |  |
| 2. | Svoris (kg) | | | |  |  |  |  |
| 3. |  | | | |  |  |  |  |
| 4. |  | | | |  |  |  |  |
|  |  | |  | |  |  |  |  |
| Eil. Nr. | Kontroliniai normatyvai | | | | data | data | data | data |
| 1. |  | | | |  |  |  |  |
| 2. |  | | | |  |  |  |  |
| 3. |  | | | |  |  |  |  |
| 4. |  | | | |  |  |  |  |
| 5. |  | | | |  |  |  |  |
|  |  | | | |  |  |  |  |
| Eil. Nr. | Funkcinio pajėgumo rodikliai | | | | data | data | data | data |
| 1. |  | | | |  |  |  |  |
| 2. |  | | | |  |  |  |  |
| 3. |  | | | |  |  |  |  |
| 4. |  | | | |  |  |  |  |
| 5. |  | | | |  |  |  |  |
|  |  | | | |  |  |  |  |
| Eil. Nr. | Dalyvavimo varžybose planuojami ir pasiekti rezultatai | | | | | | | |
| Varžybų pavadinimas | | | Rungtis | Planuojama  vieta | Užimta vieta | Planuojamas  rezultatas | Pasiektas rezultatas |
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**Mokomojo sportinio darbo stebėsena**

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| --- | --- | --- |
| Data | Vardas, pavardė, pareigos | Vertinimo išvados |
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**Mokomojo sportinio darbo stebėsena**

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| --- | --- | --- |
| Data | Vardas, pavardė, pareigos | Vertinimo išvados |
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**20 ..... /20 ..... metų mokomojo sportinio darbo vertinimo ataskaita**

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| Vertinimo rodikliai | | | | | | | | metų pradžioje | | metų pabaigoje |
| 1. Sportininkų skaičius | | | | | | | |  | |  |
| 1. Sportininkų, įvykdžiusių meistriškumo rodiklį MR 1, skaičius | | | | | | | |  | |  |
| 1. Sportininkų, įvykdžiusių meistriškumo rodiklį MR 2, skaičius | | | | | | | |  | |  |
| 1. Sportininkų, įvykdžiusių meistriškumo rodiklį MR 3, skaičius | | | | | | | |  | |  |
| 1. Sportininkų, įvykdžiusių meistriškumo rodiklį MR 4, skaičius | | | | | | | |  | |  |
| 1. Sportininkų, įvykdžiusių meistriškumo rodiklį MR 5, skaičius | | | | | | | |  | |  |
| 1. Sportininkų, įvykdžiusių meistriškumo rodiklį MR 6, skaičius | | | | | | | |  | |  |
| 1. Sportininkų, įvykdžiusių meistriškumo rodiklį MR 7–9, skaičius | | | | | | | |  | |  |
| 1. Sportininkų, įvykdžiusių planuotus rezultatus varžybose, skaičius | | | | | | | |  | |  |
| 1. Sportininkų, atstovavusių Lietuvos rinktinei, skaičius | | | | | | | |  | |  |
| 1. Sportininkų, atstovavusių Lietuvos jaunimo rinktinei, skaičius | | | | | | | |  | |  |
| 1. Sportininkų, atstovavusių Lietuvos jaunių rinktinei, skaičius | | | | | | | |  | |  |
| 1. Geriausieji sportininkų pasiekimai: | | | | | | | |  | |  |
| Sportininko vardas, pavardė | | | | Varžybų pavadinimas | | | Pasiektas rezultatas | | | |
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| 14. Mokomojo sportinio darbo planų vykdymo vertinimas: | | | | | |  | | | | |
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| 15. Teigiamos sportinio rengimo pusės: | | | | |  | | | | | |
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| 16. Neigiamos rengimo pusės: | | |  | | | | | | | |
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| 17. Siūlymai darbui gerinti: | |  | | | | | | | | |
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| Galutinis vertinimas (nepatenkinamai/ patenkinamai/ gerai/ labai gerai): | | | | | | | | |  | |

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| Sportininkų ugdymo centro vadovas: |  |
|  | (Vardas, pavardė, parašas, data) |

1. nurodomas sutrumpintas varžybų pavadinimas, užimta sportininko vieta, skliaustuose nurodomi rezultato pasiekimo metai, pvz.: LJmČ 4 (2014); [↑](#footnote-ref-1)
2. nurodomas praėjusio sezono planuotas ir pasiektas geriausias sportininko rezultatas; [↑](#footnote-ref-2)
3. sportininkų meistriškumo rodikliai nurodomi vadovaujantis Kūno kultūros ir sporto departamento prie Lietuvos Respublikos Vyriausybės generalinio direktoriaus 2014 m. gegužės 27 d. įsakymu V-219 „Dėl sportinio ugdymo organizavimo rekomendacijų tvirtinimo“. [↑](#footnote-ref-3)