

**We invite you to the training section of rowing!!!**



*The first meeting at the marina: Tuesday, 3 October 2017,  
Kościuszki street 38, 04:30 p.m.*

*Rower trainer in the new academic year: **Mariusz Stańczuk***

*e-mail: [stanczuktrener@gmail.com](mailto:stanczuktrener@gmail.com)*

*mobile phone: 605 58 68 98*

- *Rowing National Team of Poland: 2001-2015*
- *World Champion in rowing 2012, Plovdiv*
- *Graduated from Physical Education Academy and post-graduate studies: Sport manager, in Warsaw.*
- *Personal trainer, instructor TRX, Indoor Cycling, Body Pump, CXWORX (Les Mills);*



**sports results in the country:**

1999 – III place OOM - 4xMJ Kruszwica  
 2001 – I place MPJ - 2xMJ Kruszwica  
 2005 – II place MMP - 1xML Kalisz  
 2006 – I place MMP - 2xML Kruszwica  
 2006 – II place MMS - 1xML Poznan  
 2006 – II place MMS - 2xML Poznan  
 2006 – I place AMP - 1xML Poznan  
 2006 – II place AMP - 2xML Poznan  
 2008 – III place MMS 1xMLPoznan  
 2008 – II place MMS - 2xML Poznan  
 2009 – II place MMS 1xML Poznan  
 2010 – II place MMS 1xML Poznan  
 2011 – I place MMS 1xML Poznan  
 2013 – III place MMS 1xML Kruszwica

**sports results in the world:**

2012 – I place World Championship - 4xML Plovdiv  
 2008 – III place World Academic Championship - 4-ML



Belgrad

2008 – II place World Cup - 8+ML Poznan  
 2006 – III place World Championship - 8+ML Eton  
 2006 – III place World Cup - 8+ML Lucerne



coordinator trainer: **Jarosław Szymczyk**

- 1978-1989 rower AZS-AWF Kraków;
- studied history and sports at the university in Freiburg
- since 2008 coach in the Polish Rowing Federation
- trainer of athletes winning medals at the World Championships, European Championships of the Academic World Championships and Polish Rowing Championship
- Since 2014, coordinator trainer with the University of Berkeley
- coach at the XXXI Olympic Games in Rio de Janeiro in 2016, VII place in the competition ones
- Honored for the achievements of the coaches in the years 2013 and 2016 by the Polish Association of Rowing Societies;



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***In the summer we train in the afternoon, marina AZS AWF***

***Kraków, street Kościuszki 38:***

<i>Tuesday</i>		<i>Thursday</i>	
<i>16:30 - 18:30</i>		<i>16:30 - 18:30</i>	





*In winter training starts in the evening at the gym, street  
Piaŝowskiej 26*

<i>Tuesday</i>		<i>Thursday</i>
18:00 – 20:00		18:00 – 20:00

