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| **RELATÓRIO TRIMESTRAL**  **Jun/Jul/Set 2019** |

**Clube: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Responsável Técnico\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **REGISTO GLOBAL DE TREINOS (Nº)** | | | | | | | |
| **Disciplina** | **PLANEADOS** | | | **EXECUTADOS** | | | |
| **ESGRIMA** |  |  |  |  |  |  |  |
| **NATAÇÃO** |  |  |  |  |  |  |  |
| **LASER RUN** |  |  |  |  |  |  |  |

**AVALIAÇÃO GLOBAL DO REGIME**

**INSATIFATÓRIO** **PORQUÊ\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SATISFATÓRIO PORQUÊ\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**BOM PORQUÊ\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MUITO BOM PORQUÊ\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ACÇÕES PLANEADAS VS EXECUTADAS**

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| **MÊS** | **DIA** | **ACÇÃO** | **PLANEADA** | **EXECUTADA** |
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| PROPOSTA DE ENTRADA DE ATLETAS NO PLANO | ANO NASC. | CRONOS REFERENCIA | |
| TEMPO NATAÇAO  (100m) | TEMPO CORRIDA (800m) |
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