



## 1<sup>ST</sup> Mamanet USA Seminar & Tournament, New Jersey

<b>Venue:</b>	<b>Kaplen JCC on the Palisades</b> 411 E Clinton Ave, Tenafly, NJ 07670
<b>Date:</b>	March 1st -5th, 2017
<b>Registration:</b>	on Mamanet <a href="#">website</a> until February 10th, 2017
<b>Arrival:</b>	on your own
<b>Accommodation &amp; Food:</b>	on your own
<b>Cost:</b>	\$80/person for the entire 5 days
<b>Your registration includes a FREE Dry-Fit shirt, a professional training certificate (Level 1) and participation in all games, activists and training.</b>	

The **Israeli Mamanet (Cachibol)** league is the largest social-sports project in Israel targeting specifically mothers. It was established in 2005 and has since spread to thousands of players all across the country. It is a unique and innovative model, challenging the existing status of women and combines sport, health and community involvement. Mamanet model is being adopted around the world by a wide range of women no matter what is their age, race, religion, weight or physical condition, emotional state and socioeconomic background.

**Mamanet Academy** is coming to NJ on order to promote Cachibol to a wider audience, to certify game Coaches, Referees & Scorers, train league Professional Coordinators, reach a wider community of mothers. and develop the international activity, through diversified courses including technical and theoretical studies

During five days of **Seminars** we will focus on topics such as Professional Game Technics, League Administration, Regulations and Community Building.



Mamanet © All Rights Reserved 2005

Mamanet -Mothers Cachibol League | 134 Harimon St. | P.O Box 407 | Neve Yarek 49945 | Israel  
 Tel: +972-54-3503355 | Fax +972-3-5225501 | Mail : [info@mamanet.org.il](mailto:info@mamanet.org.il) | <http://www.mamanet.org.il>



## Seminars objectives:

- Improve the knowledge and competence of coaches and professional coordinators.
- To present the most recent trends of the modern game of Cachibol.
- To establish a unified system for training coaches, referees and administrators in all zones.
- To enable each local Mamanet League to develop its community activities together with an internal method of training and qualifying coaches and professional team.
- To exchange ideas and experiences

### Type of Seminars:

<b>Level I</b>	<p><b>Coaches seminar:</b> Basic Cachibol techniques and tactics (12 hrs.)</p> <p><b>Professional Certification:</b> Refereeing course (6 hrs.) <b>Free to teenagers</b></p> <p style="padding-left: 40px;">Scorers course (3 hrs.) <b>Free to children and teenagers</b></p> <p style="padding-left: 40px;">Professional Coordinators course (3 hrs.)</p> <p><b>Players training:</b> Basic Cachibol techniques and tournaments (16 hrs.)</p>
----------------	--

All Technical Seminars are delivered both in a classroom and on the court.





<b>PROGRAM</b>					
	<b>Wednesday March 1</b>	<b>Thursday March 2</b>	<b>Friday March 3</b>	<b>Saturday March 4</b>	<b>Sunday March 5</b>
<b>Coaching</b>  One course	4: 00-5: 30 PM Theoretical-Class BR  6: 00-8: 00 PM Gym 1	10:00 -12:00 AM Gym 1	10: 00 AM-12: 00 PM Gym 1  12: 45-2: 15 PM Theoretical-Class BR	6: 00-7: 45 PM Gym 1  7: 45-8: 00 PM Certificate	
<b>Refereeing</b>  Two courses	4: 00-5: 30 PM Class SBR  5: 45-7: 15 PM Theoretical-Class SBR	06: 30 -9:00 PM Practical- Gym 1,2  9: 00-9: 30 PM Certificate	12: 30-3: 00 PM Theoretical Class 201		08: 30-09: 45 AM Theoretical-Class SBR  10: 00 AM-12: 00 PM Practical-Gym 1  12: 00-12: 30 PM Certificate
<b>Scorers</b>  Two courses		5: 00-6: 30 PM Theoretical-Class SBR  7: 00-9: 00 PM Practical-Gym 1,2  9: 00-9: 30 PM Certificate			11: 00 AM-12: 30 PM Theoretical-Class 205  1: 00 -3: 00 PM Practical-Gym 2  3: 00-3: 30 PM Certificate
<b>Players Training and tournaments</b>  Every day	4: 00-5: 30 PM Mamanet Captain's role -Class 205  6: 00-8: 00 PM Catch and pass Gym 2	4: 00-6: 00 PM Spike-Gym 1  7: 00-9: 00 PM Tournament-Gym 1 Tournament-Gym 2	10: 00 AM-12: 00 PM Block-Gym 2  1: 00-3: 00 PM Tournament-Gym 1 Tournament -Gym 2	6: 00-8: 00 PM Tournament-Gym 2 Tournament-Gym 3 Tournament-Gym 4	10: 00 AM-12: 00 PM Tournament-Gym 1  1: 00-3: 00 PM Tournament-Gym 1  3: 30-5: 00 PM Mamanet Captain's role -Class BR
<b>League Management</b> One seminar		12: 00-1: 30 PM Mamanet- Building a Community Class BR	08: 15-09: 45 AM How to start Mamanet league Class SBR		1: 00-3: 00 PM Professional Coordinators Class SBR
<b>General information</b>	2: 30-3: 30 PM Registration JCC Entrance  3: 30-4: 00 PM Opening ceremony Gym 1	3: 30-5: 30 PM United Nations International School Mamanet team	6: 00-9: 00 PM Welcoming Sabbath Dinner party Additional payment	9: 00 PM-12: 00 AM Purim party Additional payment	

Showers available at the JCC

The organizing committee reserves the right to modify or substitute any of the above based on number of attendees in each course  
 Looking forward to seeing you!

Professional Committee Director  
 Mr. Ziv Sedbon  
[ziv.mamanet@gmail.com](mailto:ziv.mamanet@gmail.com)

Mamanet Chairwoman  
 Mrs. Ofra Abramovich  
[ofraab.mamanet@gmail.com](mailto:ofraab.mamanet@gmail.com)

Mamanet C.E.O  
 Mrs. Galit Avshalom  
[galit.mamanet@gmail.com](mailto:galit.mamanet@gmail.com)

Mamanet © All Rights Reserved 2005

Mamanet -Mothers Cachibol League | 134 Harimon St. | P.O Box 407 | Neve Yarek 49945 | Israel  
 Tel: +972-54-3503355 | Fax +972-3-5225501 | Mail : [info@mamanet.org.il](mailto:info@mamanet.org.il) | <http://www.mamanet.org.il>



**Nearby hotels:**

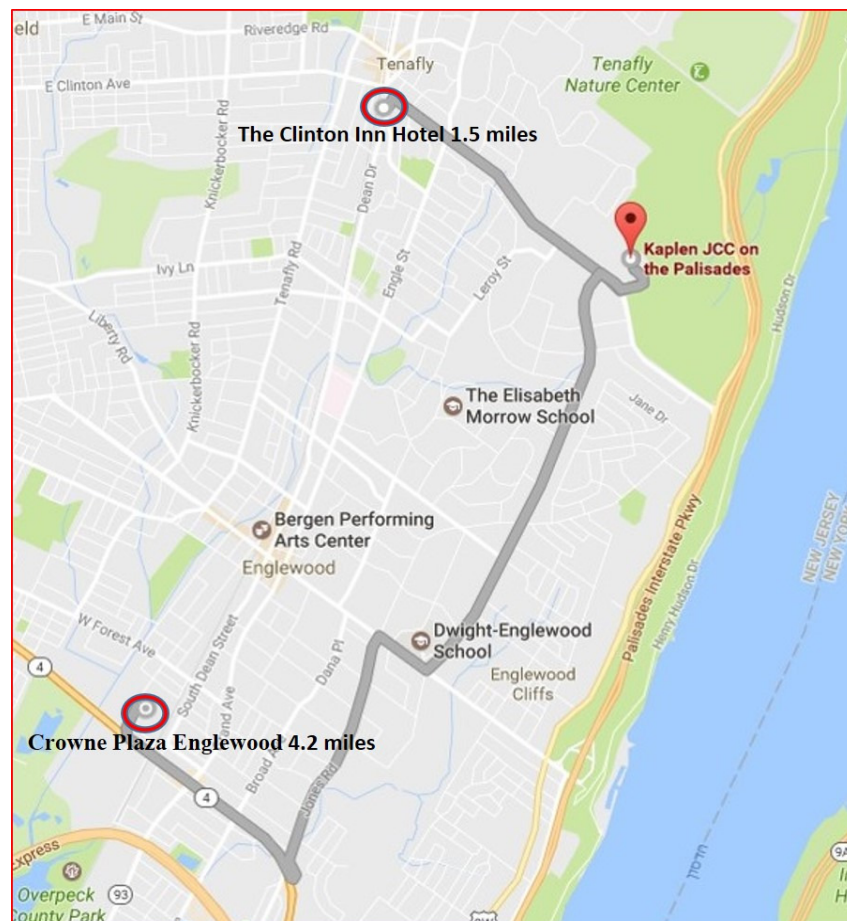
**The Clinton Inn Hotel & Event Center Tenafly NJ**

145 Dean Drive • Tenafly, New Jersey 07670  
Phone: (201) 871-3200 • Fax: (201) 871-3435  
<http://www.clinton-inn.com/>

**Crowne Plaza Englewood NJ Hotel**

401 S. Van Brunt Street • Englewood, NJ 07631  
Phone: (201) 871-2020 • Fax: (201) 871-6904  
Toll Free: (800) 972-3160  
<http://www.cpengelewoodhotel.com/>

**Orientation map:**



Mamanet © All Rights Reserved 2005

Mamanet -Mothers Cachibol League | 134 Harimon St. | P.O Box 407 | Neve Yarek 49945 | Israel  
Tel: +972-54-3503355 | Fax +972-3-5225501 | Mail : [info@mamanet.org.il](mailto:info@mamanet.org.il) | <http://www.mamanet.org.il>

MAMANET INTERNATIONAL  
 PROFESSIONAL COMMITTEE  
 NJ SEMINAR INFORMATION  
 March 1 -5, 2017



**Sport association - CSIT**

CSIT decided that Mamanet will be in the official program at the 5th CSIT World Sports Games 2017 in Riga Latvia!

**MAMANET HISTORY**

The Mamanet League was founded in 2005 and has since become the largest and most active mothers' sports league in Israel. It is a non-profit organization that provides a safe and healthy environment for mothers and their children to play sports together. The league is open to all mothers, regardless of their level of athletic ability. The league's activities include volleyball, basketball, and other team sports. The league also organizes social events and fundraisers. The league's success is due to the dedication and hard work of its members. The league is proud to be a part of the CSIT World Sports Games 2017 in Riga Latvia!

**CSIT WORLD SPORTS GAMES 2017**

[www.yosilazarof.com](http://www.yosilazarof.com)



Mamanet © All Rights Reserved 2005  
 Mamanet -Mothers Cachibol League | 134 Harimon St. | P.O Box 407 | Neve Yarek 49945 | Israel  
 Tel: +972-54-3503355 | Fax +972-3-5225501 | Mail : [info@mamanet.org.il](mailto:info@mamanet.org.il) | <http://www.mamanet.org.il>

MAMANET INTERNATIONAL  
PROFESSIONAL COMMITTEE  
NJ SEMINAR INFORMATION

March 1 -5. 2017



**Senior Advisor**

Dr. Aria Selinger  
+972-52-3319172



**Mamanet Chairwoman and Founder**

Ofra Abramovich  
+972-54-3503355  
[Ofraab.mamanet@gmail.com](mailto:Ofraab.mamanet@gmail.com)



**Director of the Professional Committee**

Ziv Sedbon  
+972-54-6237231  
[Ziv.mamanet@gmail.com](mailto:Ziv.mamanet@gmail.com)



**Mamanet C.E.O**

Galit Avshalom  
+972-52-6998398  
[Galit.mamanet@gmail.com](mailto:Galit.mamanet@gmail.com)



**Professional Committee Referee coordinator**

Lior Talmor  
+972-52-8663665  
[lior.mamanet@gmail.com](mailto:lior.mamanet@gmail.com)



**Mamanet Management**

Meytal Ishai  
+972-54-4603920  
[Meytal.mamanet@gmail.com](mailto:Meytal.mamanet@gmail.com)



**Professional Committee**

Levia Hart  
+972-54-2473507  
[levihart@gmail.com](mailto:levihart@gmail.com)



**International Outreach**

Sharon Vanek  
+972-58-4055541  
[Sharonv.mamanet@gmail.com](mailto:Sharonv.mamanet@gmail.com)



**International Affairs**

Lily Rosen Zohar  
+972-50-5902039  
[lilyzstudio@gmail.com](mailto:lilyzstudio@gmail.com)



**International Affairs**

Michael Shichor  
+972-54-4226123  
[michael@shichor.co.il](mailto:michael@shichor.co.il)





**No Registration Will Be Confirmed Without Payment in Full**

**Terms & Conditions:**

- The undersigned states that he/she understands that Mamanet shall not be responsible for or liable for any illness, or injury to person or damage to property resulting from the program in which the undersigned is enrolling or being enrolled or from his/her participating in said program.
  - Each participant is responsible for obtaining insurance that cover sports activities.
  - Team is selected by Mamanet Professional Committee based on registrations received.
  - Mamanet keeps the right to change the schedule based on number of registration.
  - All terms and condition are acceptable.
- 
- By registering to the 1<sup>st</sup> Mamanet USA Seminar & Tournament I agree to all the above Terms & Conditions.**

**Mamanet © All Rights Reserved 2005**

**Mamanet -Mothers Cachibol League | 134 Harimon St. | P.O Box 407 | Neve Yarek 49945 | Israel  
Tel: +972-54-3503355 | Fax +972-3-5225501| Mail : [info@mamanet.org.il](mailto:info@mamanet.org.il) | <http://www.mamanet.org.il>**