



November 11, 2015

Polska Akademia Kettlebell Sport

Lietuvos svarsčių kilnojimo federacija

Welcome,

In 2016 Polish Academy Kettlebell Sport (Polska Akademia Kettlebell Sport) is implementing in real life the project aimed at improving development kettlebell sport in our country. This is new formula called Polish League Kettlebell Sport (Polska Liga Kettlebell Sport). It will be cycle of 5 tournaments in 5 different cities in Poland at the form league in example football league or other team sports. Finally will be made classification of the best athletes and players of league.

Project goals:

1. Populization kettlebell sport in Poland.
2. Increase sport level by regular competitions.
3. Integration of environmental kettlebell sport in your country.
4. Possibility of planning the season at right training cycles.

The first tournaments will take place in Suwałki. It will be inaugurated league and as an attraction for the fans, we would like to organise match Poland-Lithuania in the form of relay-race.

Aside from Polish League, will be organised official Polish Championship which will be equally elimination Polish athletes for the European Championship in Gdańsk.

As Polish Academy Kettlebell Sport we are very satisfied with existing cooperation with the Lithuanian Federation. As a country with less experience in that sport, we have a lot of opportunities to grow both sport and organization. We depend on deepening the cooperation, therefore we invite you to take part in the Polish League tournaments and Polish Championship. At the same time we declare take part in Lithuanian tournaments. We will be honored if already in first year of operation of our league, we'll be able to host the Lithuanian athletes on our halls.

At the same time, please take into account the deadlines of our competitions fixing your competitions.

Dates of starting:

Stage I 23.01

II 20.02

III 23.04

IV 25.06

V 24.09

VI 22.10

Greetings for you,

Polish Academy Kettlebell Sport.