

Please answer these questions in your report:

1. Hæfileikamótunarpjálfari/pjálfarar name and their role: **Alek Ramezanpour**
2. Short extract on all the trainings:
 - a. Date (hours) 2x3 hours
 - b. Location: Björk og Fjölur
 - c. Participation: 16 og 18
 - d. Goals of the training:
 - e. Focus points of the training:
 - f. Gest coach/coaches:

Extract:

In 2025, two Hæfileikamótun Karla practices were successfully held, focusing on talent identification, technical development, and motivation. The first practice took place in April at Björk with 16 gymnasts from Gerpla, Björk, Fjölur, and Fylkir. The main objective was to get to know the athletes, assess their potential NMJ routines, and build a strong group foundation through basic gymnastics work. The second practice was held in December at Fjölur with approximately 18 participants. The focus was on floor exercise with twisting elements, horizontal bar dismounts, and all-around gymnastics. This session was conducted alongside TeamGym and WAG practices, creating an energetic and inspiring training environment. Overall, the year was very positive, with several gymnasts participating in NMJ, which served as a motivating and exciting milestone in their development.