



Federación Nacional de Natación, Clavados, Polo Acuático y Nado Sincronizado de Guatemala

Informe Técnico Mensual Profesores

FOR-4-DT-INFO

Información general.

Nombre: Mario Anibal Zelada Mayorga **Departamento:** Guatemala

Piscina: Piscina Olímpica Zona 4

Horarios: 05:00 a 06:00 06:00 a 07:00 07:00 a 08:00 08:00 a 09:00 09:00 a 10:00
Curso vacaciones 10:00 a 11:00 11:00 a 12:00 12:00 a 13:00 13:00 a 14:00 **Sábados**
08:00 a 09:00 09:00 a 10:00 10:00 a 11:00 11:00 a 12:00

Días de trabajo: Lunes Martes Miércoles Jueves Viernes Sabado

Mes y año: Noviembre del 2024

Información Específica.

Objetivo general:

1. Enseñanza de las Cualidades básicas de la natación.
2. Enseñanza y corrección de los estilos. Técnicas del estilo libre, Técnica del estilo dorso, Técnica del estilo pecho, Técnica del estilo mariposa

Objetivos específicos:

1. Facilitar la práctica y el aprendizaje de las habilidades básicas.
2. Movimientos coordinados rítmicos en ciclo técnico del batido de piernas en las cuatro técnicas de nado.

Micro ciclo: 3 **Modulo:** 1 **Al Modulo:** 5 **Numero de clases planificadas:** 20

Clases efectivas: 19

Factores que no permitieron cumplir con lo planificado:

Observaciones: Estuve apoyando en horarios de 6 a 7 y de 9 a 10 de la mañana con curso de vacaciones y de 10 am a 2 pm estoy como maestro de curso de vacaciones y sábados de 8 am a 12 pm como maestro del curso de vacaciones

Asistencias.

Adjuntar al informe.


Firma de Profesor


Vo.bo. Director Técnico



Federacion Nacional de Natacion, clavados,
 Polo Acuatico y Nado Sincronizado.

Cuadro de Asistencia Noviembre 2024

Lunes, miercoles y viernes de 05:00 a 06:00 am

| No. | Nombre completo | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
|-----|--------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| 1 | Karen Lopez | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Oscar Crisosto | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Noe Castellanos | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Teresa Castellanos | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Hildy Salazar | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Maria Cruz | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | Samuel Herrera | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Gejorio Santizo | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Glenda Coxaj | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | Lucia Sosa | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | Daniel Perez | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | Lesly Gárcia | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | Azeneth Interiano | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | Alex Estrada | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | Frédry Drozco | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 | Felix Consuegra | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 | Ana Alvarado | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19 | Kevin Cifuentes | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | David del Cid | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 | Yerifer Alvarez | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 | Jonathan Serrano | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | Marlouse Oliva | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | Marapaula Oliva | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25 | Noemy castillo | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | Carlos castillos | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 | Eddy Cui | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 | Estela Medina | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 | Daniel Lima | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | Alejandra Diaz | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31 | Jenny Lima | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 32 | Mayra Cabrera | x | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Lunes, miércoles y viernes de 06:00 a 07:00 am

| No. | Nombre completo | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|-----|--------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | Sergio Calvillo | X | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Andrea Sacarias | X | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Acely Alonzo | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 4 | Cesar Chavez | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 5 | Dayrin Aragon | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 6 | Francisco Sandoval | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 7 | Bety Hernandez | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 8 | Luis Estrada | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 9 | Drasha Valle | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 10 | Shelby Valle | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 11 | Carmen Luna | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 12 | Dremon Cruz | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 13 | Katerin Cruz | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 14 | Zoraida Lopez | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 15 | Vanesa Juarez | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 16 | Edna Gonzalez | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 17 | Marya Argueta | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 18 | Damaris Mejia | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 19 | Nasy Mejia | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 20 | Ana Jacobo | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 21 | Lesbia Navarro | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 22 | Hugo Lopez | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 23 | Margarita Gonzalez | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 24 | Karla Castellanos | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 25 | Carlos Montezuma | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 26 | Werner Solorzano | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 27 | Mecary Arevalo | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 28 | Sandra Bol | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 29 | Serlio Villagran | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 30 | Junior Martinez | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 31 | Manor Melendez | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |
| 32 | Milvia Ramirez | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | |

Martes y Jueves de 08:00 a 9:00 am

| No. | Nombre completo | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
|-----|-----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| 1 | Hugo Rosales | | | | | X | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Melanie Garcia | | | | | | | X | | | | | | | | | | | | | X | | | | | | | | | | | |
| 3 | Edu Sanchez | | | | | | | | X | | | | | | | | | | | | | X | | | | | | | | | | |
| 4 | Jonathan Reyes | | | | | | | | | X | | | | | | | | | | | | X | | | | | | | | | | |
| 5 | Julio Tumax | | | | | | | | | | X | | | | | | | | | | | X | | | | | | | | | | |
| 6 | Rodrigo Tumax | | | | | | | | | | | X | | | | | | | | | | X | | | | | | | | | | |

Lunes, miercoles y viernes de 09:00 a 10:00 am

| No. | Nombre completo | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | |
|-----|---------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|
| 1 | Sharon Corazon | | | | | X | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Andrea Acetuno | | | | | | X | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Gabriel Ringalado | | | | | | | X | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Zoila Hernandez | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Blanca Chitay | | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Alejandra Maldonado | | | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | Andy Oliva | | | | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Alejandra Maldonado | | | | | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Marlen de León | | | | | | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | |
| 10 | Victor Martinez | | | | | | | | | | | | | | X | | | | | | | | | | | | | | | | | | | | |
| 11 | Gustavo Yoc | | | | | | | | | | | | | | | X | | | | | | | | | | | | | | | | | | | |
| 12 | Katerine Rivera | | | | | | | | | | | | | | | | X | | | | | | | | | | | | | | | | | | |
| 13 | Maura Xol | | | | | | | | | | | | | | | | | X | | | | | | | | | | | | | | | | | |
| 14 | Sofia Linares | | | | | | | | | | | | | | | | | | X | | | | | | | | | | | | | | | | |
| 15 | Susy Cabrera | | | | | | | | | | | | | | | | | | | X | | | | | | | | | | | | | | | |
| 16 | Viviana Estlin | | | | | | | | | | | | | | | | | | | | X | | | | | | | | | | | | | | |
| 17 | Devora Cabrera | | | | | | | | | | | | | | | | | | | | | X | | | | | | | | | | | | | |
| 18 | Veronica Hernandez | | | | | | | | | | | | | | | | | | | | | | X | | | | | | | | | | | | |

Martes, Jueves de 09:00 a 10:00 am

| No. | Nombre completo | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | |
|-----|-----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|
| 1 | Araely Garcia | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Miriam Sarabia | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Roxana Orantes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Allison Sazo | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Norma Ramirez | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Judith Yax | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

LISTADO ALUMNOS CURSO DE VACACIONES 2024

| 10:00 A 11:00 HORAS | |
|---------------------|---------------------|
| 1 | Daniel Gonzales |
| 2 | Miguel Perez |
| 3 | Cristobal Velasquez |
| 4 | Isabella Guerrero |
| 5 | Diana Navarro |
| 6 | Sofia Velasquez |
| 7 | Cristian Juarez |
| 8 | Fatima Juarez |
| 9 | Gabriela Juarez |
| 10 | Sofia Godinez |
| 11 | Zoe Lemus |
| 12 | Pilar Soto |
| 13 | Khrista Barrillas |
| 14 | Jimena Del Cid |
| 15 | Diego Mateu |
| 16 | Jose Perez |
| 17 | Steven Velasquez |
| 18 | Lia Linares |
| 19 | Carlos Lopez |
| 20 | Andre Gonzales |
| 21 | Georgie Santos |
| 22 | Jose Secaira |

| 11:00 A 12:00 HORAS | |
|---------------------|-----------------|
| 1 | Alejandra Lopez |
| 2 | Ana Guadalupe |
| 3 | Andres Morales |
| 4 | Jose Morales |
| 5 | Daniel Morales |
| 6 | |

| 13:00 A 14:00 HORAS | |
|---------------------|------------------|
| 1 | Matias Palomo |
| 2 | Nicolas Palomo |
| 3 | Sofia Caseres |
| 4 | Howard Galindo |
| 5 | Maite Castañeda |
| 6 | Mateo Palma |
| 7 | Thiago Ramirez |
| 8 | Alison Vasquez |
| 9 | Zoe Vasquez |
| 10 | Gianella Ramirez |

| 12:00 A 13:00 HORAS | |
|---------------------|------------------|
| 1 | Genesis Miralles |
| 2 | Abi Corzo |
| 3 | David Puac |
| 4 | Aitana Lopez |
| 5 | Daniela Ordoñez |
| 6 | |
| 7 | |

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LISTADO ALUMNOS CURSO DE VACACIONES SABADO 2024

08:00 A 09:00 HORAS

09:00 A 10:00 HORAS

| | |
|----|--------------------|
| 1 | Jimena Guerrero |
| 2 | Adriana Ramos |
| 3 | Abismael Rodriguez |
| 4 | Juan Pablo Ochoa |
| 5 | Annie Franco |
| 6 | Matias Sandoval |
| 7 | Josue David Patzan |
| 8 | Jose David del Cid |
| 9 | Ian Rodrigo Gomez |
| 10 | Aron Rojas |
| 11 | Saul Pedroza |

| | |
|----|---------------------|
| 1 | Dania España |
| 2 | Yazmin Aragon |
| 3 | Cristian Castillo |
| 4 | Magda de Castillo |
| 5 | Diego Peinado |
| 6 | Mateo Rodriguez |
| 7 | Santiago Felipe |
| 8 | Javier Bajan |
| 9 | Christopher Benitez |
| 10 | Jose Galindo |
| 11 | Diana Hernandez |
| 12 | Ana Barrios |
| 13 | Alejandra Alvarado |
| 14 | Scarlett Sanchez |

| 10:00 A 11:00 HORAS | |
|---------------------|--------------------|
| 1 | Marcela Gonzales |
| 2 | Dafne Córdoba |
| 3 | Edgar Monzon |
| 4 | Esteban de Leon |
| 5 | Estefany Rabanales |
| 6 | Jareth Hernandez |
| 7 | Kenny Palacios |
| 8 | Isabella Fuentes |
| 9 | Ana Garcia |
| 10 | Airana Ixcoy |
| 11 | Nicol Guzman |
| 12 | Renato Ayala |
| 13 | Ariana Franco |
| 14 | |

| 11:00 A 12:00 HORAS | |
|---------------------|--|
| 1 | |
| 2 | |
| 3 | |

F. 