

**INTERNATIONAL JUDO TRAINING CAMP
WOMEN AND MEN
3. to 5. October 2022
CELJE – PODČETRTEK, SLOVENIJA**





The Judo Club Z'Dežele Sankaku will organize the International Training Camp for women and men right after the EUROPEAN CUP 2022.

Date: Monday 3. October until Wednesday 5. October 2022

Venue: Sports Hall PODČETRTEK OLIMJE
Zdraviliška cesta 23
3254 Podčetrtek

Organizers: Judo Club Z'Dežele Sankaku

Accommodation: Terme Olimia and hotels in surrounding area

APPART HOTEL ROSA 4*, on full board basis

Multiple APP (1/3,1/4,1/5,1/6) **210 € per person per camp**

Appartments LIPA 3*, on full board basis

Multiple APP (1/3,1/4,1/5) **200 € per person per camp**

Payments: Payment for the accommodation should be done on the

Judo klub Z' dežele Sankaku

Bank name: NOVA KBM d.d.

Bank address: Ulica Vita Kraigherja 4

Account No. IBAN: **IBAN: SI56 0400 1004 7337 832**

SWIFT address: KBMASI2X

Payment Title: CELJE TRAINING CAMP 2022

The price for training camp without accomodation is 50,00 EUR

**INTERNATIONAL
JUDO**



**TRAINING
CAMP**

FORM SHEET - FINAL ENTRY TRAINING CAMP

INTERNATIONAL JUDO TRAINING CAMP

WOMEN AND MEN

3. - 5. October 2022

PODČETRTEK – SLOVENIA

RETURN BEFORE 19. 9. 2022

FEDERATION _____

OFFICIALS _____

COACH _____

OTHERS _____

TEAM / PARTICIPANTS

FIRST NAME	FAMILY NAME

DATE:

SIGNATURE:



INTERNATIONAL JUDO



TRAINING CAMP

Program: Randori sessions twice a day. Detailed time table will be handed over to coaches during registration for the SENIOR EUROPEAN JUDO CUP – CELJE - PODČETRTEK 2022.

Day	Time	Activity details	Location-training
Monday, 3/10 (training camp)	10.00	EJU – coach meeting	Sports Hall PODČETRTEK OLIMJE Zdraviliška cesta 23 3254 Podčetrtek
	10.00-12.00	Training M-W	
	12.30-14.00	Lunch-hotel	
	17.00-19.00	Training M-W	
	19.30- 21.30	Dinner-hotel	
Tuesday, 4/10 (training camp)	7.00-	Breakfast-hotel	Sports Hall PODČETRTEK OLIMJE Zdraviliška cesta 23 3254 Podčetrtek
	10.00-12.00	Training M-W	
	12.30-14.00	Lunch-hotel	
	17.00-19.00	Training M-W	
	19.30- 21.30	Dinner-hotel	
Wednesday, 5/10 (training camp)	7.00-	Breakfast-hotel	Sports Hall PODČETRTEK OLIMJE Zdraviliška cesta 23 3254 Podčetrtek
	9.00-11.00	Training M-W	
	12.30-14.00	Departure- (Lunch)	

INTERNATIONAL JUDO TRAINING CAMP



Program Training Camp

MONDAY	TUESDAY	WEDNESDAY
3.10.	4.10.	5.10.
10.00 15' individual warming-up RANDORI	10.00 15' individual warming-up RANDORI	10.00 15' individual warming-up RANDORI
17.00 15' individual warming-up RANDORI	17.00 15' individual warming-up RANDORI	