

## EJU Olympic Training Centre “Going for Gold” Men / Women 14<sup>th</sup> – 18<sup>th</sup> October 2013, Lido di Ostia / Rome, Italy

Date	14 <sup>th</sup> – 18 <sup>th</sup> October 2013	
Organizer	FIJLKAM – Italian Judo Federation Via dei Sandolini, 79 – Lido di Ostia/Rome Tel. +39 (0)6 56 434 508/510/511 Fax +39 (0)6 56 470 527 email <a href="mailto:otcjudo.rome@fijlkam.it">otcjudo.rome@fijlkam.it</a> web site <a href="http://www.fijlkam.it">www.fijlkam.it</a>	
Venue	FIJLKAM Olympic Centre Via dei Sandolini, 79 – Lido di Ostia/Rome	
Transport	Closest Airport: Rome Fiumicino International Airport – Leonardo Da Vinci The organizer will provide for transfers between the airport and the official hotel and between the official hotel and the training venue. Transport is reserved only to the participants who have booked at the official hotel.	
Participation	EJU / IJF member federations can participate at the OTC. There is no limit in the number of participants for each country.	
General Program	First training session: 14 <sup>th</sup> October 2013 – begins at 10:00 Last training session: 18 <sup>th</sup> October 2013 – ends at 12:00 (See provisional daily and technical program)	
Registration	Daily from 09:00 to 10:00 in the Olympic Centre, at the entrance of the Training Hall	
Age	Minimum 15 years of age (born in <b>1998</b> or before)	
EJU Registration Fee	EJU fee is € 30,00 for EJU participants and € 100,00 for non-EJU member federations. The fee is not included in the prices stated below.	
Responsibility	Each national federation is responsible for insuring its judoka against “injury and third part risk (public liability)” during the period of the training centre. The European Judo Union and the Italian Judo Federation decline all responsibility.	
Deadlines	Numerical Entry:	<b>26 August</b>
	Nominal Entry/Hotel Reservation:	<b>09 September</b>
	Visa Application:	<b>16 September</b>
	Final entry/Travel Schedule/Payment:	<b>23 September</b>

Official Hotel OSTIA ANTICA PARK HOTEL  
Viale dei Romagnoli, 1041/a – 00119 Ostia Antica

Prices per person **per night** (full board)

in double € 70,00

in single € 90,00 Please note: only a few single rooms available

Prices per person **“Special 5-nights-package”** (full board)

in double € 325,00

in single € 425,00 Please note: only a few single rooms available

Distance from the Training Hall: about 7 Km (10 min by bus)

EJU Support Athletes on “EJU Support Lists” are supported by the EJU for a maximum amount of € 60,00/person/night in double room (full board). Balance and/or additional charge for single room (subject to availability) will have to be paid in advance or at registration to the organizers.

Payment Kindly complete the payment for accommodation before 23<sup>rd</sup> September to our bank account. Bank fees and money transfer costs have to be paid by the participating federation. In case of payment after the deadline or on the spot 10% charge will be added. IT WILL BE POSSIBLE TO PAY BY CREDIT CARD. In case of cancellation before 23<sup>rd</sup> September no fee will be charged, after that date 100 % (full charge) will have to be paid

Bank details Federazione Italiana Judo, Lotta, Karate, Arti Marziali (FILKAM)  
**IBAN:** IT96A010050330900000010108  
**BANK:** BNL Sportello CONI Roma  
**Address:** Via Costantino Nigra, 15 - 00194 Roma  
**SWIFT CODE:** BNLIITRR  
**ATTENTION:** please, complete the money order as follows:  
EJU OTC 2013 – Name of Country - Number of participants

Visa For Nations who need VISA to enter Italy, please send the enclosed “Visa Application Form” duly filled in, latest 16<sup>th</sup> September 2013

## EJU OTC – ‘Going for Gold’

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### PROVISIONAL DAILY PROGRAM

Time	13 <sup>th</sup> October	14 <sup>th</sup> October	15 <sup>th</sup> October	16 <sup>th</sup> October	17 <sup>th</sup> October	18 <sup>th</sup> October
	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
07:00 / 09:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00 / 10:00		Registration	Registration	Registration	Registration	Registration
10:00 / 12:00		Judo Training	Judo Training	Judo Training	Judo Training	Judo Training
12:30 / 14:30		Lunch	Lunch	Lunch	Lunch	Lunch
17:00 / 19:00	<b>Arrival</b>	Judo Training	Judo Training	Individual Training Session	Judo Training	<b>Departure</b>
19:30 / 21:30	Dinner	Dinner	Dinner	Dinner	Dinner	

## EJU OTC – ‘Going for Gold’

**14<sup>th</sup> – 18<sup>th</sup> October 2013, Lido di Ostia / Rome, Italy**

### PROVISIONAL TECHNICAL PROGRAM

Time	14 <sup>th</sup> October	15 <sup>th</sup> October	16 <sup>th</sup> October	17 <sup>th</sup> October	18 <sup>th</sup> October
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
10:00 / 12:00	10' warm-up 5x4' randori newaza 10' uchi komi tachiwaza 6x5' randori tachiwaza	10' warm-up 4x4' randori newaza 10' uchi komi tachiwaza 6x(5'+1'g.s.) randori tachiwaza	10' warm – up 2x5' randori newaza 10' “ippon change” newaza 10' uchi komi tachiwaza 5x6' randori tachiwaza	10' warm-up 3x4' randori newaza 10' uchi komi tachiwaza Randori tachiwaza: 1x7' – 6x3' – 2x5' 10' individual throwing	10' warm-up 5x4' randori newaza 10' uchi komi tachiwaza 6x5' randori tachiwaza
17:00 / 19:00	10' warm up 10' uchi komi tachiwaza 8x5' randori tachiwaza 10' “ippon change” newaza	10' warm-up 10' uchi komi tachiwaza randori tachiwaza: 1x7' – 1x5' – 5x3' – 3x5' 10' individual throwing	Individual Training Session	10' warm – up 10' uchi komi tachiwaza 5x6' randori tachiwaza 15' “ippon change” newaza	<b>Departure</b>