



EJU Olympic Training Centre “Going for Gold” Men / Women

13 - 22 March 2014 Nymburk - Czech Republic

Organizer:	Czech Judo Federation Zátopkova 100/2 160 17 Praha 6 / Czech Republic	Tel. Number: +420 233 355 280 Fax Number: +420 257 214 265 E-mail: sejudo@cstv.cz															
Emergency Contact Numbers	Mr. Pavel Volek +420 603 854 221 - mobile																
Venue:	Sports Center Sportovní 1802 288 35 Nymburk, Czech Republic Olympic Sports Center (SC) is located 50 km east of Prague in a quiet park environment																
Location:	Can be easily reached by motorway, frequent train service from Prague. Transfer from Prague intl. airport 70 min., from Prague main train station 50 min. by bus																
Facilities:	Central hall 1000 m ² tatami, two multipurpose halls, each 600 m ² , weight lifting rooms with barbells, machines, 1 fitness room - spinning, etc. Athletic training track with tartan lanes, running tracks in a park, football fields with grass or artificial surface. Swimming pool 25m with 2 x sauna, spa area - hot pool with air massage, jacuzzi, sauna. Massage rooms on each floor. Leisure time games (darts, billiard, table tennis, etc.). Cafeteria with optional service.																
Accommodation:	Two hotels in the Sports Centre, single – double – triple bed rooms. All rooms with private bathroom, sat-TV, free wireless internet. Laundry service (pay service). Optional: Hotel Ostrov, 4* hotel about 1 km from Sports Centre.																
Boarding:	Full board, buffet for breakfast, lunch, dinner. Variety of meals with concern to high performance athletes diet																
Financial Conditions	<p>EJU Supported Athletes Athletes of both EJU Support Lists will be accommodated in the Sports Center in double rooms with full board without any additional charge. The cost for upgrades like accommodation in single rooms or in hotel Ostrov as well as the transport cost has to be paid by the supported athlete. Detailed information regarding EJU OTC Support can be found on www.eju.net.</p> <p>General participants</p> <table border="1"><thead><tr><th>Prices per person / night</th><th>SGL</th><th>DBL /TRP</th></tr></thead><tbody><tr><td>Accommodation / 4 nights and more</td><td>85€</td><td>70€</td></tr><tr><td>Accommodation / less than 4 nights</td><td>95€</td><td>80€</td></tr><tr><td>Additional nights before / after OTC</td><td colspan="2">50€</td></tr><tr><td>Hotel Ostrov</td><td>105€</td><td>90€</td></tr></tbody></table> <p>Included: accommodation with full board, free use of all facilities (except for leisure time games). Free wireless internet. Hotel Ostrov: breakfast in hotel, lunch and dinner in Sports Centre. Transportation is not provided by organizers between Hotel Ostrov and SC Nymburk.</p>		Prices per person / night	SGL	DBL /TRP	Accommodation / 4 nights and more	85€	70€	Accommodation / less than 4 nights	95€	80€	Additional nights before / after OTC	50€		Hotel Ostrov	105€	90€
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	<p>EXTREMELY IMPORTANT: All participants of the training camp must stay at the official hotels during its duration. Accommodation must be booked exclusively through the Czech Judo federation! Other persons shall not be accepted for training! In case that the Official Hotels are fully booked the organizers reserve the right to arrange accommodating in another hotel of the same standard for the prices mentioned above.</p>
Transportation	Transport by bus / minibus from Prague airport / railway station and return: 20 € /person
EJU Registration Fee	100 € per participating athlete For EJU members 70 € is sponsored by the EJU, the fee is 30 € per participating athlete.
Bank account	Name of bank: GE Money Bank , Praha 4, Czech Republic Account No. IBAN : CZ14 0600 0000 0001 8106 0351 SWIFT address : AGBACZPP Bank sorting Code : 1111 Cesky svaz juda
Training Schedule and Program	The general training program is attached.
Entries	First entry (by number), before 3rd February 2014 Reservation Form Hotel / Transport 24th February 2014 / xls format electronic only! Payment, before 24th February 2014 Final Entry by name, Rooming list 24th February 2014 / doc format electronic Note: Entry by name is very important for final list of athletes for EJU support !! IMPORTANT: PDF FORMATS SHALL BE REJECTED. HAND WRITING SHALL BE REJECTED.
Liability	Neither the organizers of the event, nor the Czech Judo Federation (or any of its officials or members) will be liable or responsible for any personal injury nor for any loss or damage to any property arising out of participations and traveling in connection with this event.
Entry Visa	For nations who need VISA to enter the Czech Republic, please send the enclosed "Visa Application Form" dully filled in, latest 10th February 2014 IMPORTANT: "Visa Application Form" filled in PDF FORMAT SHALL BE REJECTED

Czech Judo Federation



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TRAINING PROGRAM

	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	
	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
9.00 - 11.00	Arrivals	RANDORI WOMEN	RANDORI MEN	Training by teams	RANDORI WOMEN	RANDORI MEN	RANDORI WOMEN	RANDORI MEN	RANDORI MEN and WOMEN 9:30	Training by teams	
11.00 - 13.00		RANDORI MEN	RANDORI WOMEN		RANDORI MEN	RANDORI WOMEN	RANDORI MEN	RANDORI WOMEN			
15.00 - 17.00		RANDORI WOMEN	RANDORI MEN	Training by teams	RANDORI WOMEN	RANDORI MEN	Training by teams	RANDORI MEN	RANDORI MEN and WOMEN 16:30		Departures
17.00 - 19.00		RANDORI MEN and WOMEN	RANDORI MEN		RANDORI WOMEN	RANDORI MEN		RANDORI WOMEN			

Each session: 10' warm-up, 10' uchi-komi