

XIII INTERNATIONAL STAGE FIJLKAM

Lignano Sabbiadoro (UD)

27 august / 01 september 2017

• TRAINING CAMP VENUE

Ge.Tur. Village Viale Centrale, 29 - 33054

Lignano Sabbiadoro - UDINE

phone num. +39.0431.409511 - www.getur.com

• ORGANIZERS

FIJLKAM - Area Sportiva Settore Judo Via Dei

Sandolini, 79 - 00122 Lido di Ostia/RM

Phone: 06.56434510 / 511 - Fax: 06.56470527

E mail: judo.internazionale@fijlkam.it - Website:

www.fijlkam.it

• PARTICIPANTS

Athletes and their Coaches members of IJF's Federation can take part at the stage.

• DURATION OF THE STAGE

(6 days, 5 nights)

• CONDITION OF PAYMENT

-The stage entry fee for the full period, full board and accommodation in multiple rooms within 31 July, is € 310,00 per person. After this date, is €330 per person.



- Price for Coaches for the full period is 290€ per person.

- Period (less than 6 days) will be € 70,00 each day, full board and accommodation in multiple rooms.

-Single room has an increased cost of € 20,00 and must be requested in advance and without fail on time.

-Arrival before august the 27th costs will € 60,00 each day and must be communicated in advance and without fail on time.

-Accommodation after stage must be requested and paid directly to the Ge.Tur reception.

- Price for 1 training session is 15€.

The entrance to the Ge.Tur. Village to take part in FIJLKAM's activities is free. The parking of vehicles on the village territory is subject to extra costs that are to be paid directly to the reception.



• REGISTRATION FORM AND PAYMENT

To subscribe to the stage it is necessary to send the appropriate and completed entry form.

To formalize the registration, it will be necessary to send to
judo.internazionale@fijlkam.it

the entry form with a copy of bank transfer.

Entry forms not completed and without copy of bank transfer will be no accepted.

BANK DETAILS

Federazione Italiana Judo, Lotta, Karate, Arti Marziali (FIJLKAM)

IBAN: IT96A0100503309000000010108

BANK: BNL Sportello CONI Roma

Via Costantino Nigra, 15 - 00194 Roma

SWIFT CODE: BNLITRR

ATTENTION: please, complete as below:

1-name of event

2- name of Team – members' surnames.

• ACCREDITATION

For a better organization, check-in will be held twice :
morning from 10,00 a.m. to 1,00 p.m. and afternoon from 3,00 to 7,00 p.m of
august the 27th .

• REFUND

Refund will be 50% of total amount (each person)
FIJLKAM will refund total amount only in exceptional cases.

• INFORMATION

The Stage will be attended by the members of the National Youth Commission Raffaele Toniolo, Corrado Bongiorno, Alessandro Comi, Alessandro Piccirillo, Vito Zocco e da Luigi Guido e Laura Di Toma and will be divided into 3 morning trainings and 3 afternoon trainings according to age classes.

Two Federal physiotherapists will be guaranteed.

Gadgets for all participants.

FIJLKAM corner:

a place where to meet the champions of Italian Junior National Team and watch The World Judo Championships.

Open workshops (in italian language):

Sandro Rosati & Emidio Centracchio - Video Analysis on 28/08 at 2 p.m.

Dr. Giovanni De Francesco - Nutrition on 29/08 at 2 p.m.

Rosetta Pleimes - Antidoping on 30/08 at 2 p.m.



STAGE FIJLKAM LIGNANO SABBIADORO (UD)

27 august* / 01 september 2017

Training Schedule

Data	Esordienti	Cadetti	Ju/Se	Esordienti	Cadetti	Ju/Se
Mon 28-08	8:30 - 9:45 Tecnica di base Uchi komi Randori Ne Waza	9:45 - 11:15 Uchi komi Randori Ne Waza	11:15 - 12:45 Randori	15:00 - 16:30 Tecnica/Uchi komi Randori Tachi Waza	16:30 - 18:00 Uchi komi Randori Tachi Waza	18:00 - 19:30 Randori
Tue 29-08	8:30 - 9:45 Tecnica di base Uchi komi Randori Ne Waza	9:45 - 10:30 Uchi komi Randori Ne Waza	10:30 - 12:00 Randori	15:00 - 16:30 Tecnica/Uchi komi Randori Tachi Waza	16:30 - 18:00 Uchi komi Randori Tachi Waza	18:00 - 19:30 Randori
Wed 30-08	8:30 - 9:45 Tecnica di base Uchi komi Randori Ne Waza	9:45 - 10:30 Uchi komi Randori Ne Waza	10:30 - 12:00 Randori	15:00 - 16:30 Tecnica/Uchi komi Randori Tachi Waza	16:30 - 18:00 Uchi komi Randori Tachi Waza	18:00 - 19:30 Randori
Thu 31-08	8:30 - 9:45 Tecnica di base Uchi komi Randori Ne Waza	9:45 - 10:30 Uchi komi Randori Ne Waza	10:30 - 12:00 Randori	15:00 - 16:30 Tecnica/Uchi komi Randori Tachi Waza	16:30 - 18:00 Uchi komi Randori Tachi Waza	18:00 - 19:30 Randori
Fri 01-09	8:30 - 9:45 Tecnica di base Uchi komi Randori	9:45 - 10:30 Uchi komi Randori	10:30 - 12:00 Randori			

*"welcome training" on sunday 27/08 at 5,30 p.m.

