



# EJU TC Seniors Spa 2014 Belgium February 03-06, 2014

## 1. Date

**Monday 3<sup>rd</sup> of February – Thursday 6<sup>th</sup> of February 2014**

This training camp is taking place just after the international tournaments of Visé (men) and Arlon (women) and just before the Grand Slam of Paris.

**Arrival** from Sunday 6 pm. First training session on Monday 3<sup>rd</sup> at 10 am.

Transport will be organized from the competition hall of Visé or Arlon towards the training center.

**Departure** on Thursday 6<sup>th</sup> after the morning training session. The departure by bus to Paris is scheduled for Thursday morning.

## 2. Organizer

**Royal Belgian French Judo Federation**

Address: Rue de Croisiers 14/4  
5000 Namur  
Belgium

Email: [info@ffbjudo.be](mailto:info@ffbjudo.be)  
Tel: 0032 81 22 87 23  
Fax: 0032 81 23 02 92

**Emergency Contact:** Ms. Camille Danneels 0032 81 22 70 03

## 3. Venue

*Sports Centre « La Fraineuse »*  
Avenue A. Hesse, 41 A  
4900 Spa

## 4. Participation

EJU / IJF Member Federations can participate at the Training Camp. All participants must be at least 15 years old (born in 1999 and before).

## 5. EJU Participation Fee

100 € per participating athlete.

EJU sponsors 70€ for athletes of EJU Member Federations.

## 6. Responsibility of the Federations

The competitors will participate under the full responsibility of their federations. Each National Federation is responsible for insuring its judoka against 'injury and third part risk (public liability)' during the period of the camp. The European Judo Union and Royal Belgian Judo Federation decline all responsibility.

## 7. Transport

**Tournaments:** From Visé - 20 € per person  
From Arlon - 30 € per person  
To Paris - 60 € per person

**Airports:** From and to Brussels National Airport or Brussels South "Charleroi" Airport. Please do your request on inscription, we will supply you with the fees.

## 8. Accommodation

*Hotel "Sol Cress"*  
Spaloumont, 5  
4900 Spa

Full board accommodation:

- single - 400 € / person
- double - 360 € /person
- 3 or 4 persons - 350 €/person

**Judoka and Officials who are not staying at the official hotel have to pay 150€/person in addition to EJU Participation fee and won't have transport facilities from the hotel to the sport center.**

Check-out not later than 11:00 am, otherwise an additional night will be charged.

\* Full board is starting with breakfast on Monday 3<sup>rd</sup> and ending with breakfast on Thursday 6<sup>th</sup>. A lunch packet will be issued on arrival Sunday evening.

In case of any damage to hotel property or training venue caused by members of a delegation, their National Federation will be charged by the organizing committee.

Notice: Arrivals after the first day and early departures will NOT be refunded.

## 9. Registration

Starts on February 2<sup>nd</sup> when arriving at Hotel "Sol Cress", Spaloumont, 5 - 4900 Spa

## 10. Deadlines

Final Entry: 10.01.2014  
Payment: 20.01.2014  
Visa Application: 23.12.2013

## 11. Cancellation policy

Up to 30 days before the arrival, full refund. From 30-15 days before the arrival, 50% of the payment refund. After the **20<sup>th</sup> of January** no refund possible.

## 12. Payment

To confirm your entry, kindly complete the payment for accommodation before **January 20th 2014** to our bank account. All bank fees and money transfer costs must be paid by the sender federation. We regret not to accept credit cards.

Account name: Fédération Francophone Belge de Judo  
Name of bank: BNP Parisbas FORTIS  
Account No. IBAN: BE 83 2500 0678 3015  
SWIFT address: GEBABEBB  
Payment Reference : EJU Stage Spa 2014 + "Your Federation's/Club's Name"

## 13. Visa

For nations who need visa to enter Belgium, please send the enclosed "Visa Application Form" dully filled not later than **December 23<sup>rd</sup> 2013**.

**14. Program**

<b>Date</b>	<b>Schedule</b>	<b>Warming up</b>	<b>Uchi-komi</b>	<b>Randori (2 groups: Women &amp; Men)</b>
Monday, February 3rd	10h-12h	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 6 x 5 min – Tachi Waza
	16h-18h	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 8 x (5 min + 1 min Golden Score) Tachi Waza
Tuesday February 4th	10h-12h	10min	10 min Ne Waza	3 x 5 min – Ne Waza 5 x 5 min – Tachi Waza
	16h-18h	10min	10 min Tachi Waza (moving)	8 x 5 min – Tachi Waza
Wednesday, February 5th	10h-12h	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 6 x 5 min – Tachi Waza
	16h-18h	10min	10 min Tachi Waza (moving)	2 x 5 min – Ne Waza 7 x (5 min + 1 min Golden Score) Tachi Waza
Thursday, February 6th	10h-12h	10min	10 min Ne Waza	4 x 5 min – Ne Waza 5 x 5 min – Tachi Waza