



EJU OTC "Going for Gold"

Men / Women

9 - 18 March 2015

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.
EJU Top 10 Referees Seminar (March 9 – March 12)	EJU Refereeing Commission (RC) will nominate 10 referees for training and seminar during the OTC Nymburk, March 9 – March 12. Additional 10 EJU referees can be selected by EJU RC to attend at expense of their National Federations. The EJU RC will circulate particular information in due time.
Entries	First entry (by number), before 2nd February 2015 Reservation Form Hotel / Transport 23rd February 2015 / xls format electronic only! Payment, before 23rd February 2015 Final Entry by name, Rooming list 23rd February 2015 / 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" fully filled in, latest 9th February 2015 IMPORTANT: "Visa Application Form" filled in PDF FORMAT SHALL BE REJECTED

Czech Judo Federation



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TRAINING PROGRAM

	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
9.00 - 11.00	Arrivals	RANDORI WOMEN	RANDORI MEN	Training by teams	RANDORI MEN	RANDORI WOMEN	Training by teams	RANDORI MEN	RANDORI WOMEN	RANDORI MEN and WOMEN
11.00 - 13.00		RANDORI MEN	RANDORI WOMEN		RANDORI WOMEN	RANDORI MEN		RANDORI WOMEN	RANDORI MEN	
15.00 - 17.00		RANDORI WOMEN	RANDORI MEN	RANDORI WOMEN	RANDORI MEN	RANDORI WOMEN		RANDORI MEN	RANDORI WOMEN	Departures
17.00 - 19.00		RANDORI MEN and WOMEN	RANDORI MEN	RANDORI WOMEN	RANDORI MEN	RANDORI WOMEN		RANDORI MEN	RANDORI WOMEN	

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