

DLF YAMA ARASHI UDINE'S JUDO STAGE



WINTER CAMP

3rd-4th-5th January 2010 – Lignano (ita)



TECHNICAL DIRECTION BY **EZIO GAMBA**

WITH **STEFANO FRASSINELLI** AND **VITALY MAKAROV**

ACCREDITATION VENUE and TRAINING CENTRE

Palazzetto dello sport "Getur Village", viale Centrale 29 – Lignano Sabbiadoro (udine)
800 m² tatami

for two separate work groups

- U 15 and U17
- U 20 and O 20

both groups will follow separate programs for technique, physical preparation and randori

- first training Sunday January 3rd in the morning
- last training Tuesday January 5th in the afternoon

ACCOMODATION and conventioned meals

Ge.Tur Village – viale Centrale, 29 – Lignano Sabbiadoro (udine)

expenses

1 training € 10,00

3rd -5th January: stage and full board € 125,00 per person

free access to the swimming pool, time table will be provided at check-in

stage has 6 scheduled trainings

twin, triple and quadruple rooms (single with supplement)

one night stay on request

possibility to ask for half board or fee for non judoka guest

discount on head-delegation's fee for groups with minimum 8 participants

reaching us

Latisana-Lignano motorway exit

Railway station: Latisana

Airports: Ronchi dei Legionari/Trieste and Venezia

Public transport to Getur Village, training centre, registration and overnight stay is available

PRE-ENROLMENT

until Wednesday 23.12.2009

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updates, news and photos on www.alpeadriajudo.it

WINTER CAMP 2009 n. 429 judokas

The organizing club rejects any responsibility for any damage to persons, things or third-party deriving from the stage or in its' consequence. In the competition venue photographers and video-operators are going to operate, so if you do not want to see your images on websites oand news papers contact us.