



EJU OTC “Going for Gold” Men / Women 7 - 16 March 2016 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: czechjudo@czechjudo.cz															
Emergency Contact Number	Mr. Pavel Volek	+420 603 854 221 - mobile															
Venue	Sports Center, Sportovní 1802, 288 35 Nymburk, Czech Republic																
Location	Olympic Sports Center (SC) is located 50 km east of Prague in a quiet park environment. It can be easily reached by motorway or frequent train service from Prague. Transfer from Prague intl. airport takes 70 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 800 meters 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 on the 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" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Price per person/night</th> <th style="text-align: center;">SGL</th> <th style="text-align: center;">DBL/TRP</th> </tr> </thead> <tbody> <tr> <td>4 nights and more</td> <td style="text-align: center;">85€</td> <td style="text-align: center;">70€</td> </tr> <tr> <td>Less than 4 nights</td> <td style="text-align: center;">95€</td> <td style="text-align: center;">80€</td> </tr> <tr> <td>Additional night before/after TC</td> <td colspan="2" style="text-align: center;">50€</td> </tr> <tr> <td>Hotel Ostrov</td> <td style="text-align: center;">105€</td> <td style="text-align: center;">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>		Price per person/night	SGL	DBL/TRP	4 nights and more	85€	70€	Less than 4 nights	95€	80€	Additional night before/after TC	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 accommodation in another hotel of the same standard for the prices mentioned above.</p>
Transportation	Transport by bus / minibus from Prague airport 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 Vitezne nam. 2 160 00 Praha 6, Czech Republic Account No. 181 060 351/0600 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 enclosed.
Entries	First entry (by number), before 2nd February 2016 Reservation Form Hotel / Transport 23rd February 2016 xls format electronic only! Payment, before 23rd February 2016 Final Entry by name, Rooming list 23rd February 2016 doc format electronic only! Note: Entry by name is very important for the 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 8th February 2016 IMPORTANT: "Visa Application Form" filled in PDF FORMAT SHALL BE REJECTED



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TRAINING PROGRAM

(provisional)

7 March	8 March	9 March	10 March	11 March	12 March	13 March	14 March	15 March	16 March
Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wed.
	9.00 - 10.30 WOMEN	9.00 - 10.30 MEN	Training by teams	9.00 - 10.30 MEN	9.00 - 10.30 WOMEN	Training by teams	9.30 - 11.30 WOMEN	9.30 - 11.30 WOMEN	9.30 - 11.30 WOMEN
Arrivals of teams Registration	11.00 - 12.30 MEN	11.00 - 12.30 WOMEN		11.00 - 12.30 WOMEN	11.00 - 12.30 MEN		11.00 - 12.30 MEN	16.30 - 18.30 WOMEN	16.30 - 18.30 WOMEN
16.00 - 18.00 WOMEN	15.00 - 17.00 WOMEN	15.00 - 17.00 MEN	15.00 - 17.00 WOMEN	15.00 - 17.00 MEN	15.00 - 17.00 WOMEN	Training by teams	16.30 - 18.30 MEN	16.30 - 18.30 MEN	Departures
18.00 - 20.00 MEN	17.15 - 19.15 MEN	17.15 - 19.15 WOMEN	17.15 - 19.15 MEN	17.15 - 19.15 WOMEN	17.15 - 19.15 MEN		16.30 - 18.30 WOMEN	16.30 - 18.30 MEN	