



## **TRAINING CAMP IN KÄÄRIKU 26-30.12.2022**

**First training 26.12, 16.30-18.30**

**Last training 30.12, 10.30-12.00**

- ✓ **Gym**
- ✓ **Basketball, football, volleyball, badminton**
- ✓ **Rubber band training (bring your rubber band)**
- ✓ **Randori (bring your judogi)**
- ✓ **Skiing (if there is snow), Sky rental on site**
- ✓ **Option to go to Pühajärve Spa and pool**

**Coaches: Vladimir Stepanjan, Glen Viks, Andres Põhjala, Egert Ehari**

**Price 190€ (including accommodation, full board meals starting from 26.12 dinner until 30.12 lunch, sauna and trainings)**

**More information Elis Põhjala tel: +372 55653269**

**Registration deadline 16.12.22 [elis@judo.ee](mailto:elis@judo.ee)**

**Payments can be done by bank transfer before training camp (ask for invoice) or in cash on spot.**