



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"> <thead> <tr> <th>Price per person/night</th> <th>SGL</th> <th>DBL/TRP</th> </tr> </thead> <tbody> <tr> <td>4 nights and more</td> <td>85€</td> <td>70€</td> </tr> <tr> <td>Less than 4 nights</td> <td>95€</td> <td>80€</td> </tr> <tr> <td>Additional night before/after TC</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> | | 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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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 | 11.00 - 12.30 MEN | 11.00 - 12.30 MEN |
| 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 WOMEN | 16.30 - 18.30 WOMEN | 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 MEN | 16.30 - 18.30 MEN | |