

APPROVED:
Lithuania grappling federation
Prezidentas Kęstutis Smirnovas



APPROVED:
Sport club „Fajteris“
Director Arnoldas Lukošius

INTERNATIONAL GRAPPLING SPORTS CAMP AIMS AND OBJECTIVES

The aim of the camp is to promote the sport of grappling among Lithuanian and foreign athletes, to promote healthy lifestyle and to take care of the employment of children and youth.

DATE AND LOCATION

Camp date: 18-22 August 2024. Duration of the camp: 5 days. Daukanto 33, Palanga (Hotel "Palangos Dailė")

CAMP PROGRAMME

The camp will consist of eight grappling wrestling training class - seminars over five days, during which the athletes will be introduced to the subtleties of grappling wrestling, stand-up and ground fighting. The IGF grappling rules will be explained. The seminars will be conducted by high-class, highly experienced coaches and educators.

<u>1.</u>	Arrival and Chek-in	08-18 . 15.00 iki 16.00
<u>2.</u>	Evening training	08-18. 17.00-18.30
<u>3.</u>	Dinner, relax time	08-18. 19.00-21.00
<u>4.</u>	Breakfast	08-19. 8.00-9.00
<u>5.</u>	Morning training (Children)	08-19. 9.00-10.30
<u>6.</u>	Morning training (Adult)	08-19. 10.30-12.00
<u>7.</u>	Lunch	08-19. 13.00-14.00
<u>8.</u>	Evening training (Children)	08-19. 15.00-16.30
<u>9.</u>	Evening training (Adult)	08-19. 16.30-18.00
<u>10.</u>	Dinner, relax time	08-19.19.00-21.00
<u>11.</u>	Breakfast	08-20. 8.00-9.00
<u>12.</u>	Dan-Kyu Exams	08-20. 9.00-13.00
<u>13.</u>	Morning training by the sea (Common)	08-20. 10.00-12.00
<u>14.</u>	Lunch	08-20. 13.00-14.00
<u>15.</u>	Evening training (Common)	08-20. 16.00-18.00
<u>16.</u>	Dinner, relax time	08-20.19.00-21.00
<u>17.</u>	Breakfast	08-21. 8.00-9.00
<u>18.</u>	Morning training (Children)	08-21. 9.00-10.30
<u>19.</u>	Morning training (Adult)	08-21. 10.30-12.00
<u>20.</u>	Lunch	08-21. 13.00-14.00
<u>21.</u>	Evening training, awarding of certificates	08-21. 16.00-18.00
<u>22.</u>	Dinner, relax time	08-21.19.00-21.00
<u>23.</u>	Breakfast	08-22. 8.00-9.00
<u>24.</u>	Training	08-22. 10.00-12.00
<u>25.</u>	Lunch, Check out	08-22. 13.00-14.00

Training will be without kimono and with kimono! (GI and NoGi)

ACCOMMODATION AND MEALS

Participants will be accommodated in the Palanga hotel "Palangos dailė", Daukanto g. 33, Palanga.
Meals 3 times a day, in the restaurant of the hotel "Palangos dailė".

REGISTRATION

Pre-registration is possible by e-mail lietuvosgrapplingfederacija@gmail.com or by phone +37067951525 (LGF Vice President Arnoldas Lukošius), pre-registration will be confirmed only after the payment for the camp is received. **Minors must have their parents' or guardians' consent/permission to participate. It is recommended that all participants have insurance.**

ARRIVAL AND PAYMENT

Participants arrive to the camp on their own at Daukanto g. 33, Palanga. Registration for the camp will take place on 18 August 2023 from 15:00 to 16:00. Daily registration will take place on the morning of each day of the camp from 8:00 to 9:00.

Cost of the camp: 5 days - **300,00 EUR**, 1 day without accommodation and meals - **60,00 EUR**, with meals - **90,00 EUR**

**You can pay for the camp by bank transfer to the following bank account: Lithuanian Grappling Federation
LT264010051001970289**

All necessary information will be provided by LGF Vice President Arnoldas Lukošius by phone +37067951525 or by e-mail lietuvosgrapplingfederacija@gmail.com