



Agreed:

Lithuanian Grappling Federation  
Head Coach  
Ricardas Piepolis



Approved:

Sambo academy of Palanga  
The director  
Ernestas Dorzinkevicius



Approved:

Martial Arts Academy  
The director  
Adrijus Kupstas

## INTERNATIONAL GRAPPLING SPORT CAMP - SEMINAR

### STATUTE

**OBJECTIVES AND GOALS:** the goal of this camp-seminar is to promote grappling wrestling sports among Lithuanian and foreign athletes, to encourage healthy lifestyle and to provide meaningful spare time for children and youth.

**DATE AND VENUE:** *Date of the camp-seminar: August 19 – 23, 2019*

*Duration of the camp-seminar: 5 days.*

*Age of participants of the camp-seminar: unlimited*

*Price of the camp-seminar: 5 days - 145,00 eur., 1 day with full board - 40,00 eur, 1 day without meals - 30,00 eur.*

*The camp-seminar will be held at the address: Daukanto g. 33, Palanga*

**PROGRAM OF THE CAMP-SEMINAR:** during the camp there will be eight grappling trainings-seminars in five days to familiarize the athletes with subtleties of grappling, teach wrestling standing and on the ground. IGF grappling rules will be explained. The seminars will be lead by high class experienced coaches.

**ACCOMMODATION:** participants will be accommodated in Palanga in the hotel “Palangos daile” at the address Daukanto g. 33, Palanga.

**MEALS:** full board, 3 meals a day at the restaurant of the hotel “Palangos daile”.

**ARRIVAL AND PAYMENT:** participants will arrive to the camp-seminar independently to the address Daukanto g. 33, Palanga. Registration to the camp-seminar will be held at August 19, 2019 from 12:00 to 15:00 h. Registration of one-day participants will be held each morning from 8:00 to 9:00 h. Participants may also register by e-mail [kovosmenuakademija@gmail.com](mailto:kovosmenuakademija@gmail.com) or tel. +37068502228, the preliminary registration will be confirmed upon receipt of payment for the camp-seminar. **Minor participants of the camp-seminar must have a consent/permission of their parents or guardians for participation.**

*All the participants are recommended to have insurance.*

Payment for the camp-seminar may be made in cash during registration or by transfer to the bank account IBAN LT227180300002700354

*For detailed information please call +37068502228 or e-mail us at [kovosmenuakademija@gmail.com](mailto:kovosmenuakademija@gmail.com)*