

APPROVED:
Lithuania grappling federation
Prezidentas Kęstutis Smirnovas



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: 10-14 August 2025. Duration of the camp: 5 days. S. Darius and S. Girėno str. 37, Palanga (Holiday home „Politechnika“) <https://poilsiavietes.ktu.edu/politechnika/>

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. We will play sports in the Palanga Sports Arena. Training will be without kimono and with kimono! (GI and NoGi)

ACCOMMODATION AND MEALS

Participants will be accommodated in Palanga rest house " Politechnika ", S. Darius and S. Girėnos st. 37, <https://poilsiavietes.ktu.edu/politechnika/>

We will exercise in Palanga sports "ARENA" Sporto st. 3. Feeding 3 times a day.

REGISTRATION

Pre-registration is possible by e-mail lietuvosgrapplingfederacija@gmail.com or by phone +37064561005, 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 come to the camp by themselves at the address S. Darius and S. Girėno str. 37, Palanga (Holiday home "Politechnika") <https://vytury spalanga.lt/>, 2025 August. 10th 4:00 p.m. Camp price: 5 days - EUR 300.00

Day participant registration will take place on the morning of each camp day from 9:00 AM to 10:00 AM. 1 day without accommodation and meals - EUR 50.

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 phone +37064561005 or by e-mail. lietuvosgrapplingfederacija@gmail.com