



INTERNATIONAL GRAPPLING CAMP PROGRAM

2025-08-11/14

S. Darius and S. Girėno str. 37, Palanga (Holiday home „Politechnika“)

Row No.	Name of activity	Time	Responsible
1.	Arrival and Chek-in	08-10. 16.00	Kęstutis Smirnovas
2.	Evening training Gi (general)	08-10. 17.00-18.30	Albertas Kašėta
3.	Dinner	08-10. 19.30	
4.	Breakfast	08-11. 8.00-8.30	
5.	Morning training Gi (for children)	08-11. 9.30-10.30	Danielius Girdušas
6.	Morning training Gi (adults and youth)	08-11. 10.30-12.00	Danielius Girdušas
7.	Lunch	08-11. 13.00	
8.	Evening training NoGi (for children)	08-11. 15.00-16.30	Ričardas Piepolis
9.	Evening training NoGi (adults and youth)	08-11. 16.30-18.00	Ričardas Piepolis
10.	Dinner	08-11. 19.30	
11.	Breakfast	08-12. 8.00-8.30	
12.	Dan-Kyu exams (hall)	08-12. 9.00-13.00	Arnoldas Lukošūnas
13.	Morning training by the sea NoGi (general)	08-12. 10.00-12.00	Albertas Kašėta
14.	Lunch	08-12. 13.00	
15.	Evening training NoGi (for children)	08-12. 15.00-16.30	Tomas Smirnovas
16.	Evening training NoGi (adults and youth)	08-12. 16.30-18.00	Tomas Smirnovas
17.	Dinner	08-12. 19.30	
18.	Breakfast	08-13. 8.00-8.30	
19.	Morning training Gi (for children)	08-13. 9.30-10.30	Ričardas Piepolis
20.	Morning training Gi (adults and youth)	08-13. 10.30-12.00	Ričardas Piepolis
21.	Lunch	08-13. 13.00	
22.	Evening training Gi (general, presentation of certificates)	08-13. 15.00-17.00	Rolandas Janavičius
23.	Dinner	08-13.18.00	
24.	Sauna (adult)	08-13. 20.00	Albertas Kašėta
25.	Breakfast	08-14. 8.00-8.30	
26.	Training Gi (general)	08-14. 09.30-11.00	Rolandas Janavičius
27.	Departure	08-14. 12.00	

The organizers reserve the right to change the program depending on weather conditions and other unforeseen circumstances.

We will provide you with all the necessary information at phone no. +37064561005 Kęstutis Smirnovas or e-mail by post lietuvosgrapplingfederacija@gmail.com