

22.08 - 24.08

SPORTSKARATECAMP 2014

ELITE CAMP AND TOURNAMENT FOR FIGHTERS +8 YEARS OLD

THE ORGANISERS

SPORTSKARATE.DK consists of the absolute best of the Danish karate elite. We are an extremely efficient trainer team of successful and experienced athletes. Our instructors have represented the majority of the Danish national team in karate for the past several years, and all instructors have won several Danish championships and medals at European and World Championships. We are the most successful elite-fighters in Denmark ever!

THE CAMP

SPORTSKARATE.DK Camp originates from a burning desire to create a framework for the elite among some of Europe's best karate fighters. Simply said, the young people are matched with equally skillful fighters in hard training to be inspired, improve their fitness, and first and foremost experience "randori" training and competition. Randori means continuous fighting, by which each fighter gets the possibility to train specifically in respect to individual needs against equal opponents from all over Europe.

THE TOURNAMENT ON SATURDAY 23.08

WKF rules

The tournament is arranged in pools all against all.

FACILITIES

The training camp takes place in the cozy seaport Nibe just west of Aalborg. We have Nibe Sportscenter available for both training and tournament for all three days. Each club will stay in rooms at Nibe Sportscenter, all facilities are nothing but perfect for this year's training camp!



Age	Boys	Boys	Boys	Boys	Boys	Boys	Girls	Girls	Girls	Girls	Girls
U11	-	-	-	-	-	-	-	-	-	-	-
U14	-33	-38	-43	-48	-53	+53	-35	-40	-45	-50	+50
U16	-45	-52	-57	-63	-70	+70	-47	-54	+54	-	-
U18	-55	-61	-68	-76	+76	-	-48	-53	-59	+59	-
+18	-60	-67	-75	-84	+84	-	-50	-55	-61	-68	+68

NB!

Children U11 will also be placed in categories after weight.

REGISTRATION BEFORE 08.08

PLEASE MAIL THE FIGHTERS INFORMATION TO ORGANIZER:

allanbusk@gmail.com

Name, male / female, age and weight.

PAYMENT CASH ON FRIDAY 22.08 AT THE REGISTRATION OR BANK TRANSFER

Account: 0001157339

Registration: 7459

IBAN account: DK74590001157339

SWIFT: NRSBDK24

100 euro per person inclusive full board all three days, accomodation, training and tournament.

35 euro per person sleeping in a hotel room in Nibe Sportscenter (only for trainers).

35 euro per trainer or parent for full board all three days.

Accommodation for parents and trainers in Nibe Sportscenter together with the fighters is free of charge. The fighters are sleeping in sleeping bags on air mattress in the Sportscenter.

Nibe Sportscenter
Hobrovej 36
9240 Nibe
Denmark



TIMETABLE

FRIDAY 22. AUGUST

Registration all fighters.....	15.00 – 18.00
Training (Randori 8-11 years).....	16.00 – 17.00
Training (Randori 12-13 and Cadet).....	17.00 – 18.00
Training (Randori Junior, U21 and Senior).....	18.00 – 19.00
Dinner.....	18.00 – 20.00
Teori and tactic masterclass for all nationalteam fighters and coaches.....	20.00 – 21.00

SATURDAY 23. AUGUST

Breakfast	08.00 – 09.00
Tactic and technic training (8-13 years).....	09.00 – 10.00
Tactic and technic training (Cadet and Junior).....	10.00 – 11.00
Tactic and technic training (U21 and Senior).....	11.00 – 12.00
Lunch.....	12.00 – 13.00
Tournament all fighters.....	13.00 – 19.00
Dinner.....	18.00 – 20.00
Social evening.....	20.00 – 22.00

SUNDAY 24. AUGUST

Breakfast	08.00 – 09.00
Training (Randori 8-11 years).....	09.00 – 10.00
Training (Randori 12-13 and Cadet).....	10.00 – 11.00
Training (Randori Junior, U21 and Senior).....	11.00 – 12.00
Sandwich and bye bye.....	12.00 – 13.00