



DANISH JUDO SUMMERCAMP 2016

Training · Technique ·
Exercise · Fun

We are proud to present
our friends from Tokai

KENJI MITSUMOTO

Professor at Tokai University

NAOYA HARAGUCHI

Major international coaching
experience



Arrival
July 31st
Departure
August 6th

GERLEV
IDRÆTSHØJSKOLE

Have you planned your summer holiday in 2016?

The perfect special summer offer.....

Whether you are an adult or a child, this is THE active judo holiday for you that is full of fun and fuel for your mind, body and soul.

This is an elite judo camp, but also a "judo for all" camp.

We are expecting 150 children/juniors and 100 adults at the summer camp. All of Judo Denmark's national teams will be participating.

The children will train together, while adults will be divided to make it possible to participate in either elite trainings or judo for all sessions. Regardless of your level of ability, there will be great challenges for everyone.

There will of course be a lot of time spent on the mats, but there will also be exciting lectures and social activities for adult participants.

For the children the programme will include lots of fun sports and other exciting activities between judo sessions. A group of Gerlev students, who are all trained for physical education, will take care of the children.

It would be advantageous if each club brings a coach whom the children already know.



Program and practical information

Children

07.30 - 08.30	Breakfast
09.00 - 10.00	Training
10.30 - 11.30	Fun sports and activities
11.30 - 12.30	Lunch
13.30 - 15.00	Training
15.30 - 16.30	Activities
17.30 - 18.30	Supper
20.00 - 21.30	Evening activity

Adults

07.15 - 07.45	Morning swim
07.30 - 08.30	Breakfast
10.00 - 11.30	Training
11.30 - 12.30	Lunch
13.30 - 15.00	Lectures
15.30 - 17.00	Training
17.00 - 18.00	Activities
17.30 - 18.30	Supper
20.00 - 21.30	Evening activity

Arrival:

Sunday July 31st between 4 pm and 6 pm

Departure:

Saturday August 6th at 9 am

Accomodation:

Adults: Double room
Children/youth: in a dormitory or tent
(remember sleeping bag and sleeping mat)

Price:

Children/youth €240 (under the age of 18)
Adults €420 (18 years or more)

Enroll at gerlev@gerlev.dk - remember to include the following information:
Name, address, and date of birth.

For futher information, please do not
hesitate to contact us at:
gerlev@gerlev.dk or +45 58 58 40 65

We are looking forward to seeing you.

Best regards

Lars Pedersen & Martin Lykkegaard
Judo Denmark - Gerlev P.E. & Sports Academy

**Deadline for
enrollment:
July 1st 2016**



 **NIPPON
SPORT**

www.gerlev.dk
www.judo.dk

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