

TRAINING CAMP IN KÄÄRIKU

25-30.12.2021

First training 25.12, 16.30-18.30

Last training 30.12, 10.30-12.00

- ✓ **Gym**
- ✓ **Basketball, football, volleyball, badminton**
- ✓ **Rubber band training (bring your rubber band)**
- ✓ **Randori (bring your judogi)**
- ✓ **Skiing (if there is snow), Sky rental on site**
- ✓ **Option to go to Pühajärve Spa and pool**

Coaches: Egert Ehari, Priit Berg , Glen Viks, Andres Põhjala, Vladimir Grill

Price 160€ (including accommodation, 3 x meals, sauna and trainings)

More information Andres Põhjala tel: +372 5096511

Registration deadline 17.12.21 elis@judo.ee.

Payments can be done by bank transfer before training camp (ask for invoice) or in cash on spot.