



EJU Training Camp Spa 2016 Belgium February 01-04, 2016

1. Date

Monday 1st of February – Thursday 4th of February 2016

This training camp is taking place just after the *International Open of Visé* and the *Belgian Ladies Open of Arlon* and just before the *Grand Slam of Paris*.

Arrival: From Sunday at 6 PM possible. First training session on Monday 1st at 10 AM.

Departure: Check-out on Thursday the 4th after breakfast. Last training session on Thursday morning, lunch not included.

2. Organizer

Belgian French Judo Federation (FFBJ)

Address: Rue de Croisiers 14/4
5000 Namur
Belgium

Email: info@ffbjudo.be
Tel: 0032 81 22 87 23
Fax: 0032 81 23 02 92

Emergency Contact: Mr Cédric Taymans 0032 496 51 11 75

3. Venue

Sports Centre « La Fraineuse »

Avenue A. Hesse, 41 A

4900 Spa

4. Participation

EJU / IJF Member Federations can participate at the Training Camp. All participants must be at least 15 years old (born in 2001 and before).

5. EJU Participation Fee

100 € per participating athlete.

EJU sponsors 70€ for athletes of EJU Member Federations.

6. Responsibility of the Federations

The competitors will participate under the full responsibility of their federations. Each National Federation is responsible for insuring its judoka against 'injury and third part risk (public liability)' during the period of the camp. The European Judo Union and the Belgian Judo Federation decline all responsibility.

7. Transport

Train Station: Spa (<http://www.belgianrail.be/en>) - **free of charge**

Airport: Brussels National - **30€ per person per way.**

A shuttle will be planned at **4 PM on Sun 31st Jan** for the arrivals. **Please land before 3 PM!**

Time of airport return shuttle on **Thu 4th Feb** to be announced, pending of flights timetable.

Only one airport return shuttle!

The organizer will provide transfers between the **train station**, the **airport** and the **official hotel** as well as between the official hotel and the **venue**. Transportation will be offered only to those participants who are accommodated via the organiser.

Special offer:

Arrival

From the **tournament of Visé** on **Sun 31st Jan** (after the tournament): 20€/pp

From the **tournament of Arlon** on **Sun 31st Jan** (after the tournament): 30€/pp

Departure

To the **Grand Slam of Paris**: 60€/pp

The departure by bus to Paris is scheduled for Thursday morning. Lunch meal is not included.

8. Accommodation

Hotel reservation is handled on a first-come, first-served basis.

Category A: Hotel "Olympic", Avenue A. Hesse, 41 - 4900 Spa



Full Board accommodation from Sunday evening Jan 31st until Thursday morning Feb 4th 2016.

Single	420€
Double / Triple / Multiple	350€

Availability: 6 singles – 22 double/triple/multiple

Category B: Hotel "La Fraineuse", Avenue A. Hesse, 41 - 4900 Spa



Full Board accommodation from Sunday evening Jan 31st until Thursday morning Feb 4th 2016.

Single	320€
Double / Triple / Multiple	250€

Availability: 6 singles – 18 double/triple/multiple

All accommodation is full board. **Full board starts with dinner (lunch packet) Sunday evening 31st and ends with breakfast on Thu 4th.**

Check-out not later than 11:00 am, otherwise an additional night will be charged.

In case of any damage to hotel property or training venue caused by members of a delegation, their National Federation will be charged by the organizing committee.

Notice: Arrivals after the first day and early departures will NOT be refunded.

Judoka and Officials who are not staying at the official hotel have to pay 80€/person in addition to EJU Participation fee. There is also the possibility of external day training sessions: 25€/day in addition to EJU Participation fee.

9. Registration

Starts on Jan 31st from 18:00 and on February 1st when arriving at Hotel "Olympic", Avenue A. Hesse, 41 - 4900 Spa.

10. Deadlines

Final Entry & Travel details: **11.01.2016**

Payment: **18.01.2016**

Visa Application: **25.12.2015**

11. Cancellation policy

Up to 30 days before the arrival, full refund. From 30-15 days before the arrival, 50% of the payment refund. After the **18th of Jan**, no refund is possible.

12. Payment

To confirm your entry, kindly complete the payment for accommodation before January 20th 2016 to our bank account. All bank fees and money transfer costs must be paid by the sender federation. We regret but we do not accept credit cards, neither payment on arrival.

Account name: Fédération Francophone Belge de Judo

Name of bank: BNP Parisbas FORTIS

Account No. IBAN: BE 83 2500 0678 3015

SWIFT address: GEBABEBB

Payment Reference: EJU Stage Spa 2016 + "Your Federation's/Club's Name"

13. Visa

For nations who need visa to enter Belgium, please send the enclosed "Visa Application Form" fully filled not later than **25th of Dec 2015**.

14. Program

Date	Schedule	Warming up	Uchi-komi	Randori (2 groups: Women & Men)
Monday, February 1st	10h-12h	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 6 x 5 min – Tachi Waza
	16h-18h	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 8 x (5 min + 1 min Golden Score) Tachi Waza
Tuesday February 2nd	10h-12h	10min	10 min Ne Waza	3 x 5 min – Ne Waza 5 x 5 min – Tachi Waza
	16h-18h	10min	10 min Tachi Waza (moving)	8 x 5 min – Tachi Waza
Wednesday, February 3rd	10h-12h	10min	10 min Tachi Waza (moving)	3 x 5 min – Ne Waza 6 x 5 min – Tachi Waza
	16h-18h	10min	10 min Tachi Waza (moving)	2 x 5 min – Ne Waza 7 x (5 min + 1 min Golden Score) Tachi Waza
Thursday, February 4th	10h-12h	10min	10 min Ne Waza	4 x 5 min – Ne Waza 5 x 5 min – Tachi Waza