

JUDO TRAINING CAMP IN PUNTA PRIMA

1ST TO 6TH OF JULY 2019. HOTEL OCCIDENTAL MENORCA (SANT LLUIS, MINORCA, BALEARIC ISLANDS, SPAIN)

TEACHERS :

- **Vicente Rochela.** 8Th Dan holder, Head Coach for the National Team (Sidney. 1996 to 2000), Winner of the Spanish National Championship.
- **Ramón Gómez-Ferrer.** 5Th Dan holder, Technical Manager of the judo club *Judokan*, one of the leading youth academies in Spain, accounting for numerous triumphs in World Championships, Olympic and Paralympic Games.

PROGRAMME :

- Monday 1st : Reception and Gathering from 15:00 to 16:00. Possible training from 16:00 to 18:00.
 - Tuesday 2nd – Friday 5th
 - 8:00 – 9:00. Breakfast.
 - 9:00 – 10:00. *Tatami* assembly.
 - 10:00 – 12:00. Competition training.
 - 12:00 – 14:00. Free time and use of the hotel facilities, beach.
 - 14:00 – 16:00. Lunch and rest.
 - 16:00 – 18:00. Competition training.
 - 18:00 – Onward. Free time and dinner in hotel schedule.
 - Thursday 4th : Free time in the afternoon and optional excursion to *Algaiarens* beach after the morning training. The excursion will be organized and booked between the 1st and 2nd in the hotel. The bus fee will be payed by the user at the moment of booking the excursion (around 10 – 12 euros).
 - Saturday 6th : Possible training from 10:00 to 12:00. Finger food and closing of event.
- Workshop participants must choose from options 1 or 2 offered by *Hotel Occidental Menorca* which are detailed in the next page.

VENUE : SALÓN GARBÍ HOTEL OCCIDENTAL MENORCA (PUNTA PRIMA).

Age : 12 and over.

WORKSHOP PRICE : 60 EUROS

Deadline for registration : June 21st. LIMITED SPOTS.

ORGANIZERS : FEDERACIÓN BALEAR DE JUDO & FUNDACIÓ PER L'ESPORT BALEAR.

OPTIONS OFFERED BY THE *HOTEL OCCIDENTAL MENORCA* FOR THE WORKSHOP PARTICIPANTS :

- **OPTION 1. FULL BOARD FOR THE WORKSHOP PARTICIPANTS : 340 EUROS**

This option includes breakfast, lunch and dinner, free bar of water and soft drinks in an ample time slot, shared room of 6 beds, use of the *tatami* during the workshop hours and several sport facilities (swimming pool, sport fields, etc.). Check in : July 1st ; Check out : July 6th (includes lunch for Monday July 1st or Saturday July 6th).

- **OPTION 2. FOR PARTICIPANTS WHO DO NOT LODGE AT THE HOTEL : 112 EUROS**

This option includes lunch in the hotel from the 2nd to 5th of July, free bar of water and soft drinks between 10:00 and 19:00, use of the *tatami* during the workshop hours and several sport facilities (swimming pool, sport fields, etc.).

- Participants who wish to do so can also choose between other options available at the hotel by looking up and booking at www.barcelo.com, outside of the special offer made for the Judo workshop. They can also lodge elsewhere, but **OPTION 2** will be mandatory.
- The *Hotel Occidental Menorca* is a four stars establishment and is located nearby the beautiful Punta Prima beach. <https://www.barcelo.com/en-gb/occidental-hotels/hotels/spain/balearic-islands/menorca/occidental-menorca/>
- Every participant over 16 shall pay the ecotax (3,30 euros per person per night) when checking in in the hotel. Moreover every participant shall leave a 50 euros deposit on arrival to the hotel. The deposit will be returned on check out.

PRE-REGISTRATION AND PAYMENT PROCEDURE :

The payment for the workshop (60 euros per person) will be sent to the IBAN : **ES42 2038 3423 54 6400000255** under « JUDO2019 ». The transfer slip will be sent to the organization e-mail : mcardona@fxeb.es with « JUDO2019 » for subject and stating in the body of the text the names of the participants and the option they have chosen, this will also serve as pre-registration. No later than May 15th you will receive confirmation form the organization and you will be able to make the payment for the option chosen and organize your trip to Minorca.

Once the confirmation received, the payment for the hotel (340 euros per person for option 1 and 112 euros per person for option 2) will be sent to IBAN : **ES89 0182 4899 18 0201520703** (SWIFT/BIC: BBVAESMMXXX) under « JUDO2019 ». The transfer slip will be sent to : menorca.res@occidentalhotels.com with « JUDO2019 » for subject and stating in the body of the text the name of the participants, the option chosen (1 or 2) and the arrival and departure dates.

- Contact number for bookings in the *Hotel Occidental Menorca*: +34 971 15 92 98.
Contact number for workshop general information : +34 699 770 668. Contact e-mail for workshop general information : bosquihombre@yahoo.es
- **TRANSPORTATION** : Airport–Hotel and back can be booked at : www.shuttlespaintransfers.com/en (*Aeropuerto de Menorca/Hotel Occidental Menorca*). Or you can take a taxi (around 25 euros per trip). One final option is to board a bus from the

airport to Mahón bus station, and transfer to Bus 92 to Punta Prima and alight at the hotel's stop.

- Every participant shall hold a sporting federation licence up to date and carry their social security card. Moreover, foreign visitors are advised to carry a european health insurance card.
- Workshop links :
 - Fundació per l'espòr balear: www.fundacioesportbalear.es (RECURSOS/ACTIVIDADES)
 - . Balearic Judo Federation : www.fbjudo.org