



Miejski Klub Sportowy „LEWART” AGS

21 – 100 Lubartów, ul Krzywe Koło 34a, tel. +48603133228

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18th CENTRAL WINTER TAEKWON-DO CAMP SZCZYRK 14-20.01.2020

1. ORGANISER:

Miejski Klub Sportowy „Lewart” AGS Lubartów
Address: 21-100 Lubartów, ul. Krzywe Koło 34/A
tel. (+48) 603133228

2. ACCOMODATION DETAILS:

Holiday inn ‘ADAM’
(double or triple rooms, all have bath-room with shower and TV)
address: ul. Radosna 3, 43-370 Szczyrk
tel./fax 033/ 817 82 97
www.adam.szczyrk.pl

3. DATE:

14 – 20 January 2020

4. INSTRUCTORS:

- **Jerzy Jedut – VIII Dan**, President of Polish Taekwon-Do Association; coach of Polish National Team in the year 1987-1995, instructor of many champions (European and World); main instructor of the MKS ‘Lewart’ Lubartow Club, General Secretary of AETF and Member of ITF Technical Committee.
- **Jaroslaw Suska – VII Dan**, competitor at international champions level, 20th time European Champion in patterns and 6th time, current World Champion, the best ever technical practitioner in the history of Polish Taekwon-Do, instructor in MKS ‘Lewart’ Lubartow Club, the Polish National Team Coach since 2014

5. CAMP ACTIVITIES:

- Division of groups depending on grade and age
- Minimum two trainings a day per group (**additionally, individual technical consultations**);
- Activities consisting of: **sparring drills, fundamental exercises** (simple but also very complicated), intensive perfecting of **very difficult techniques included in patterns**, demonstrating techniques,

6. ADDITIONAL ACTIVITIES:

- skiing for beginners,
- skiing and snowboarding for example: (‘ONDRASZEK’ button lift) slope 710 metres long,
- sledding, indoor activities, other additional sports.

7. PRICE:

Costs of participation in the camp:

- **Basic package: 850 PLN (approx. 200 Euro)** per person (7 days) including: food, accommodation, sports hall, instructive costs and guardianship costs.
- **Additional cost of ski lifts: ca. 120 PLN (approx. 30 Euro)**
- **Additional cost of hiring the ski/snowboard equipment: ca. 150 PLN (approx. 35 Euro)**
- Additional cost of skiing instructor: **ca. 40 PLN (approx. 10 Euro)**

8. ADDITIONAL ATTRACTIONS:

- possible real highlander sledge ride with grilling sausages on an open fire
- sight-seeing of the most attractive places in Szczyrk

9. ADDITIONAL INFORMATION:

Everyone should take appropriate pair of shoes (at least 2 pairs) and enough clothes changes to keep you warm throughout the camp.

10. ARRIVAL

For those planning their arrival by plane we suggest the international airport Katowice – Pyrzowice, with many cheap flights connections (<https://www.katowice-airport.com/en/index/index/0>)

If you inform us about your arrival in advance we can arrange the Hotel transport from the airport to Szczyrk bus – up to 8 people (about 250 PLN - one way) regardless of the number of travelers.

10. PARTICIPANTS CONDITIONS:

Only participants 12 years old and above can attend the camp. The deadline for sending the applications is **Monday – 30th December 2019**. Here is the email the applications should be sent to: info@pztkd.lublin.pl Please bring your application /original one/ with you while coming to the camp !

12. INSURANCE:

Hereby the organizer informs that it does not insure the participants with accident insurance. According to the Polish act of sport dated on 25th June 2010, art. 38 (2) (Chapter VII – Security in Sport) the insurance duty is the responsibility of the sport club or the participants themselves.

WE ARE EXPECTING SNOW FALL TO REACH YOUR WEIST LEVEL!!!

PLEASE READ!

Costs for everyone who is coming as a spectator or a guardian (Basic Package) is **800 PLN**.

IT IS A PLEASURE TO INVITE YOU TO OUR CAMP!

Jerzy Jedut
President
MKS Lewart AGS Lubartów