



Miejski Klub Sportowy „LEWART” AGS

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

Bank account: 52 2030 0045 1110 0000 0392 0200 BGŻ BNP Paribas S.A. o/Lubartów

25th CENTRAL SUMMER TAEKWON-DO CAMP FIRLEJ 22-28.08.2020

1. ORGANISER:

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

2. ACCOMODATION DETAILS:

‘WODNIK’ Resort Firlej

(double rooms, all have bathroom with shower and TV and 4-6 beds bungalows with bathroom ad TV)

address: Wczasowa str. No 1, 21-136 Firlej

tel. 81 857 57 57

www.wodnikfirlej.pl

3. DATE:

22 – 28 August 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
- **Michał Cytryniak – V Dan**, main instructor of the CTS Łódź, instructor and tutor of many titled athletes - medalists of the European and world championships. TKD enthusiast, active competitor and medalist of many Polish championships and prestigious international tournaments in patterns. One of the best instructors in Poland demonstrating the basic techniques

5. CAMP ACTIVITIES:

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

6. ADDITIONAL ACTIVITIES:

- outdoor general development activities, roller blades, bicycles, pedal boats and kayaks, football, basketball, tennis, table tennis, badminton, swimming and playing in the water, sunbathing, campfire, quizzes, competitions, discos and other.

7. PRICE:

Costs of participation in the camp:

- **Basic package: 900 PLN (approx. 205 Euro)** per person (7 days) including: accommodation and meal, sports hall, training equipment /sparring gears not included/, instructor and guardianship costs.

8. ARRIVAL

For those planning their arrival by plane we suggest the international airports in Warsaw or Lublin, with cheap flights connections.

If you inform us about your arrival in advance we can arrange /in attractive price/ a car or a bus transportation from the airport to Firlej. The distance is approx. 160 km from Warsaw and 45 km from Lublin.

8. PARTICIPANTS CONDITIONS:

Only participants 12 years old and above can attend the camp. The deadline for sending the application is **Monday – 10th of August 2020**. Here is the email the applications should be sent: itfjurekjedut@wp.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 GOOD WEATHER SO BE SURE TO BRING
SUNGLASSES ☺ !!!**

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