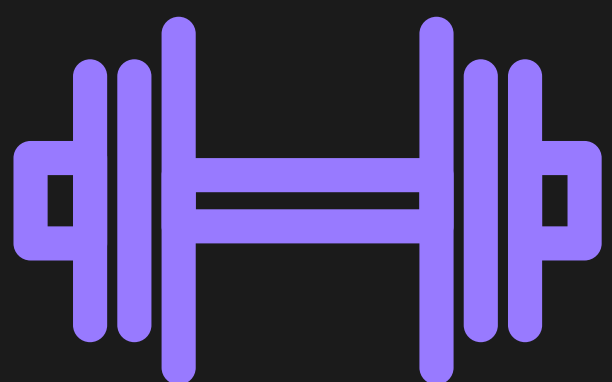




# SUMMER JUDO CAMP VETERANS/AMATEURS WITH TOMASZ KOWALSKI

10TH-16TH OF AUGUSTT 2023 | CHŁAPOWO-CETNIEWO



SUMMERTIME | RANDORI |  
TECHNIQUE | SUN&SEA |  
JUDO FAMILY |







**WE INVITE YOU TO PARTICIPATE IN THE JUDO SUMMER CAMP  
FOR MASTERS AND AMATEURS.**

**SOME OF YOU WILL GO BACK TO THEIR CHILDHOOD WHEN THEY  
ATTENDED SUMMER CAMP. WE GUARANTEE YOU NOT ONLY INDOOR  
TRAININGS ON THE MAT AND OUTDOOR WORKOUT, BUT ALSO OTHER  
ATTRACTIONS THAT ARE UNLIKELY TO BE PROVIDED DURING  
CHILDREN'S CAMPS.**

**IT IS A GREAT OPPORTUNITY TO COMBINE A SPORTS CAMP  
EXPERIENCE WITH A RELAXING HOLIDAY BY THE SEA.**

**BOTH PEOPLE WHO TREAT JUDO AS A HOBBY AND A WAY OF SPENDING  
FREE TIME, AS WELL AS THOSE WHO ARE PREPARING FOR SPORTS  
COMPETITION, WILL FIND THEIR PLACE ON OUR CAMP.**

**THE FIRST EDITION OF THE CAMP TOOK PLACE IN 2022 AND GATHERED  
A GROUP OF 30 JUDOKAS WITH ACCOMPANYING PEOPLE.**

**MOST OF THEM IMMEDIATELY DECLARED THEIR PARTICIPATION  
IN THIS EDITION!**





# **TOMASZ KOWALSKI**

## **THE TRAININGS WILL BE CONDUCTED BY TOMASZ KOWALSKI:**

- 1ST CLASS JUDO TRAINER AND A 3RD DAN MASTER DEGREE**
- SENIOR EUROPEAN VICE-CHAMPION (2009 AND 2012)**
- BRONZE MEDALIST IN JUNIOR WORLD CHAMPIONSHIPS (2006)**
- EUROPEAN JUNIOR CHAMPION (2007)**
- EUROPEAN JUNIOR CHAMPION U23 (2008)**
- MULTIPLE POLISH CHAMPION**
- GOLD MEDALIST OF WORLD MILITARY GAMES (2011) AND EUROPEAN MILITARY CHAMPIONSHIPS (2010)**

**HE IS CURRENTLY A TEACHER AND TRAINER OF THE MEDICAL UNIVERSITY OF GDANSK AS WEEL AS A TRAINER WHO COLLABORATES WITH SEVERAL LEADING CLUBS (INCLUDING CONRAD GDANSK, PRAESIDIUM WROCŁAW, HATO JUDO WARSAW AND AZS OPOLE) AND AN ASSISTANT TRAINER OF THE OLYMPIC TEAM (IN 2015-16).**





### **SPORTS CLASSES:**

**DURING OUR CAMP WE OFFER MAT TRAININGS DEPENDING ON ADVANCED LEVEL, EVENING TECHNICAL TRAININGS, OUTDOOR CLASSES AND THE ACCESS TO THE GYM. MASTERS WHO ARE PLANNING TO TAKE PART IN THE SPORTS COMPETITION WILL HAVE THE POSSIBILITY TO TRAIN THE FIGHTS(RANDORI), IT IS WORTH INCLUDING OUR CAMP INTO YOUR PREPARATION PLAN! RANDORI WILL BE HELD AT THE OLYMPIC PREPARATION CENTER IN CETNIEWO.**

### **OTHER ATTRACTIONS:**

**TEAM BUILDING MEETINGS, POKER TOURNAMENT, A MOTORBOAT TRIP ON THE BALTIC SEA, BONFIRE. EACH PARTICIPANT WILL RECEIVE JUDO T-SHIRT, A CHANCE TO RELAX ON THE BEACH BY THE SEA, THE OPPORTUNITY TO PARTICIPATE IN THE POLISH SUMOBEACH CHAMPIONSHIPS. ACCOMPANYING PERSONS CAN TAKE PART IN ALL EVENTS AND ATTRACTIONS DURING THE CAMP EXCEPT CLASSES ON THE MAT.**



**ORGANIZER** - JUDO MASTERS SECTION MKS JUVENIA WROCŁAW



**COST** - PLN 1700 | PLN 1350 ACCOMPANYING PERSON | COACHES OF PARTICIPATING CLUBS ARE INDIVIDUALLY PRICED



**CLUB COOPERATION** – IF THERE IS AN ADULT JUDO SECTION IN THE CLUB AND THERE IS NO CAMP CLUB ORGANISED WE ENCOURAGE THE TRAINER TO CONTACT US, WE WILL PRESENT YOU WITH THE POSSIBILITY OF CLOSER COOPERATION.



**FORMALITIES** - THOSE OF YOU WHO ARE EAGER TO PARTICIPATE IN OUR CAMP ARE ASKED TO SEND AN EMAIL TO: [KONTAKT@ZABAWAJUDO.PL](mailto:KONTAKT@ZABAWAJUDO.PL). WE WILL PROVIDE YOU WITH AN APPLICATION CARD AND A QUESTIONNAIRE. YOU WILL HAVE TO PAY A DEPOSIT OF PLN 500 PER PERSON. THE REMAINING AMOUNT CAN BE PAID ON THE ARRIVAL DAY. ALL DETAILED INFORMATION WILL BE SENT TO YOU VIA THE EMAIL.

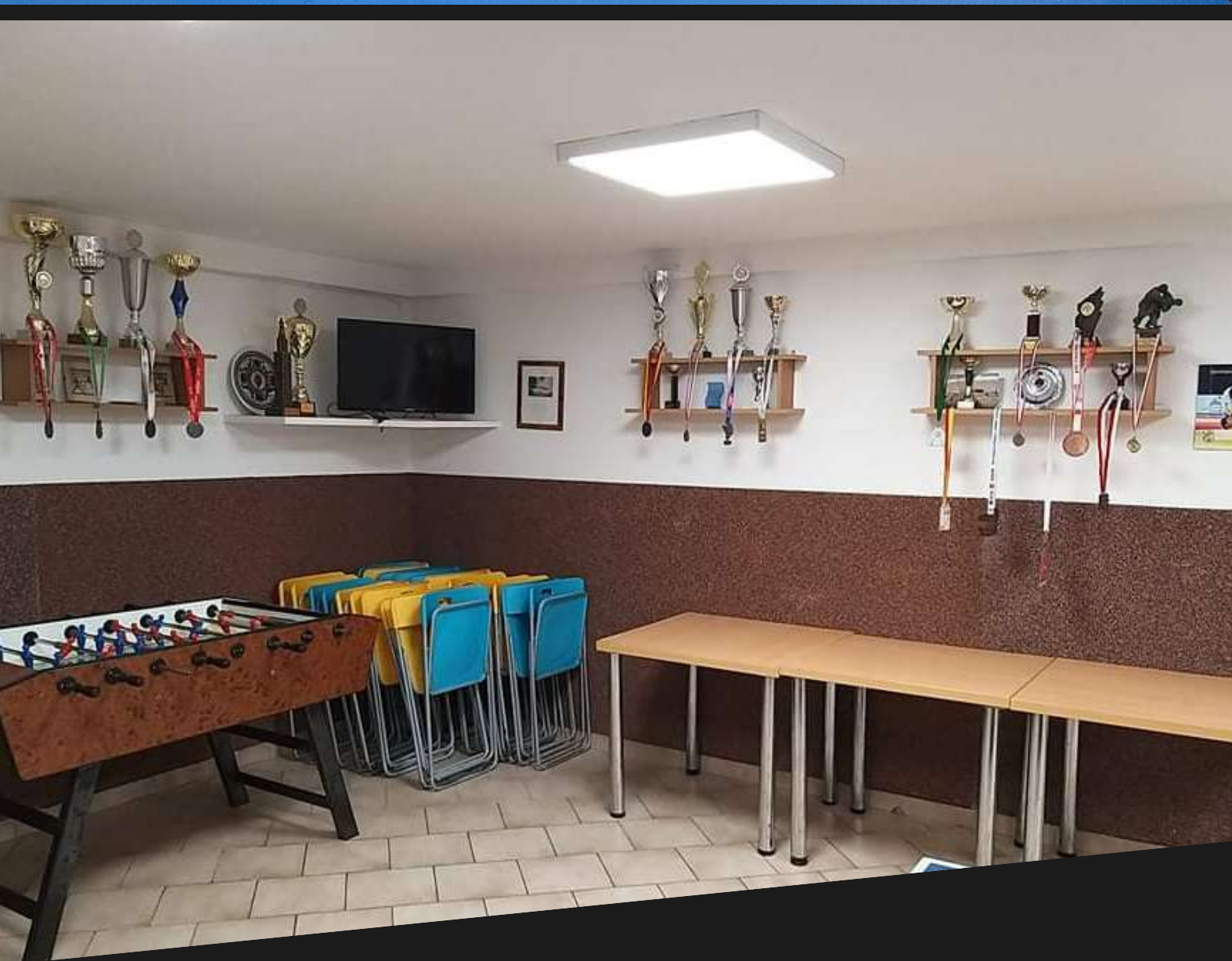


EACH PARTICIPANT HAS TO HAVE AN INSURANCE. SPORTS AND MEDICAL TESTS ARE NOT REQUIRED AS EACH PARTICIPANT OF THE CAMP DECLARES THAT HIS/HER HEALTH CONDITION ENABLES THE PARTICIPATION IN THE CAMP. EACH PARTICIPANT TAKES PART IN THE TRAININGS AT HIS/HER OWN RESPONSIBILITY.



**AUGUST 10-16, 2023:** ARRIVAL DATE: AUGUST 10, PEOPLE WHO ARRIVE AT THE PKP WŁADYSŁAWOWO RAILWAY STATION WILL BE PICKED UP BY CAR, CLASSES START AFTER LUNCH, YOU CAN CHECK IN FROM MORNING. DEPARTURE DATE: AUGUST 16, THE LAST TRAINING WILL TAKE PLACE IN THE AFTERNOON





**ACCOMMODATION:** GUEST HOUSE "PATRYK", JAŚMINOWA 29 STREET, CHŁAPOWO NEAR WŁADYSŁAWOWO 84-120

2-5 PEOPLE IN A ROOM, SOME OF THEM ARE WITH A BATHROOM, REST OF THEM HAVE A SHARED SHOWER AND BATHROOM. THE GUEST HOUSE OFFERS A TABLE TENNIS, AND TABLE FOOTBALL. THERE ARE A GYM AND TECHNICAL TRAINING MAT. THE GUEST HOUSE IS LOCATED ABOUT 700 METERS FROM THE BEACH. ONLY 5 DOUBLE ROOMS ARE AVAILABLE.



**FOOD:** 3 MEALS IN A CANTEEN (LOCATED 400 METERS FROM THE GUEST HOUSE).



**PARTICIPANTS:** WE INVITE EVERYONE WHO IS OVER 18 AND HEALTHY. IT DOES NOT MATTER IF YOU ARE AN AMATEUR OR PROFFESIONAL. THERE IS ALSO A POSSIBILITY OF PARTICIPATION OF ACCOMPANYING PERSONS WHO DO NOT TRAIN JUDO. THEY WILL PARTICIPATE IN THE EVENTS AND ATTRACTIONS PROVIDED BY ORGANIZATORS AND MAY USE ALL OF THE FACILITIES.







**A YEAR AGO, MORE THAN 30 JUDOKES AND ACCOMPANYING PEOPLE PARTICIPATED IN THE CAMP, WHICH CREATED A UNIQUE ATMOSPHERE!**

**WE WERE LUCKY BECAUSE WE EXPERIENCED A BEAUTIFUL SUNNY WEATHER DURING OUR STAY. WHAT IS MORE, WE WERE TRAINING WITH KRZYSZTOF WIŁKOMIRSKI IN COS CETNIEWO AND TOOK PART IN OUTDOOR GYM TRAININGS. ADDITIONALLY, WE HAD THE CHANCE TO PARTICIPATE IN FILIP PUZYR'S STAND-UP, A POKER TOURNAMENT, OSTR RAPPER CONCERT AND POLISH SUMO BEACH CHAMPIONSHIPS. FURTHERMORE, WE HAD AN OPPORTUNITY TO EXPLORE GDAŃSK, SEE THE SIGHTS THERE AND RELAX ON THE BEACH.**

**THIS YEAR THE CAMP WILL BE EQUALLY SUCCESSFUL! SEE YOU THERE!**

**KONTAKT:**  691-032-947 LUB 667-931-992  **KONTAKT@ZABAWAJUDO.PL**