



# TRAINING CAMP 11-13.10.2024

## Preparations for the 2024 Polish Senior Championships

### Event Program

#### Organizer

GKS Czarni Bytom  
Email: [camp@judobytom.pl](mailto:camp@judobytom.pl) | +48 515131412

#### Location:

Hala Sportowa „Czarni” Bytom 41-902 Bytom, ul. Łużycka 90

#### Event Dates:

11-13.10.2024

#### Participants:

Seniors | Juniors | Cadets  
Women and Men

#### Accommodation:

Accommodation and meals are available upon prior request to the organizer at [camp@judobytom.pl](mailto:camp@judobytom.pl) or +48 515 131 412  
Reservation deadline: **29.09.2024**

#### Fees:

**50 PLN** for the camp or **15 PLN** per training session

#### Registration and Payments:

Registrations should be sent to: [camp@judobytom.pl](mailto:camp@judobytom.pl)

Participation fees should be paid to the following bank account:  
Santander Bank **13 1090 2011 0000 0005 3205 7769**.

#### Registration Deadline: **04.10.2024**

#### Notes:

Participants must have valid accident insurance (NNW). The responsibility for ensuring insurance for the competitors lies with the clubs participating in the event.

Participants must have permission to participate in the event. The responsibility for providing this permission to the organizer lies with the club coaches.

The organizer is not responsible for any incidents that may occur.



### Camp Program:

11-10 Friday	12-10 Saturday	13-10 Sunday
	<b>11:00 -13:00</b> <b>Men/Women</b> 10' Warm-up 10' Uchikomi 5x2' RNW 6x3'+1'GS RTW	<b>10:00 - 12:00</b> <b>Men/Women</b> 10' Warm-up 10' Uchikomi 4x4' RNW 6x4' RTW
<b>18:45 - 20:45</b> <b>Men/Women</b> 10' Warm-up 10' Uchikomi 4x4' RNW 6x4' RTW	<b>17:00-19:00</b> <b>Men/Women</b> 10' Warm-up 10' Uchikomi 7x4 RTW 10' RNW   Ipponu change	

Updates: 4.09.2024