



EUROPEAN WEIGHTLIFTING FEDERATION
EFW Training Camp & Scientific Seminar-I
19th-24th August 2019
Kamianets-Podilskyi-UKRAINE



REGULATION

EFW Training Camp & Scientific Seminar
 19th-24th August 2019 Kamianets-Podilskyi-UKRAINE

DATES: 19th-24th August 2019

PLACE: Kamianets-Podilskyi-UKRAINE

Invited National Federations:

Albania, Armenia, Austria, Azerbaijan, Belarus, Bosnia and Herzegovina, Croatia, Cyprus, Czech Republic, Georgia, Greece, Hungary, Israel, Kosovo, Moldova, Romania, Serbia, Slovakia, Switzerland, Ukraine

Arrival date : 19th August 2019,

Departure Date : 24th August 2019

ARRIVAL PLACES: Arrival-airports are Kyiv Airports, Chernivtsi Airport, Lviv Airport.

TEAM COMPOSITION : One female, one male coach, 2 male youth athletes (13-17 years old) and 2 female youth athletes (13-17 years old).

ACCOMMODATION : Accommodation (double room) is full board and it is paid by EWF for 2 coaches, two youth female athletes and two youth male athletes for each member federation.

Accommodation Places: 7 dniv hotel, 4 Soborna street,
 Phone of hotel : +380674421881

TRAINING: Epicentr Sports Club, 30A Drai Chmary street, +380504125833

FLIGHT TICKETS: Flight tickets from / to Ukraine is paid by delegate own federation.
 Local transportation will be provided by Ukrainian Weightlifting Federaion.

TRANSPORTATION from AIRPORTS: Ukrainian Weightlifting Federation (UWF) will provide transportation from all airports to Kamianets-Podilsky.

Please check following link for updates:

www.ewfed.com/link/1125

Youth Training Camp & Seminars Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
7:30	Arrival day	Waking up time	Waking up time	Waking up time	Waking up time	Departure day
8:00		Morning exercises	Morning exercises	Morning exercises	Morning exercises	
8:30		Breakfast (girls)	Breakfast (girls)	Breakfast (girls)	Breakfast (girls)	
9:00		Breakfast (boys)	Breakfast (boys)	Breakfast (boys)	Breakfast (boys)	
9:30		Free time	Free time	Free time	Free time	
10:00						

10:30		Morning training (girls)	Morning training (girls)	Morning training (girls)	Morning training (girls)
11:00					
11:30		Morning training (boys)	Morning training (boys)	Morning training (boys)	Morning training (boys)
12:00					
12:30		Lunch	Lunch	Lunch	Lunch
13:00					
13:30		Nooning	Nooning	Nooning	Nooning
14:00					
14:30		Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)
15:00					
15:30		Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)
16:00					
16:30		Free time	Free time	Free time	Free time
17:00					
17:30	Coaches Meeting 6.00pm-7.00pm	Dinner	Dinner	Dinner	Dinner
18:00					
18:30		Coaches seminar	Athletes and Coaches Anti-Doping seminar	Coaches seminar	Coaches seminar
19:00					
19:30	Dinner	Personal care time	Personal care time	Personal care time	Personal care time
20:00					
20:30	Free time	Bedtime	Bedtime	Bedtime	Bedtime
21:00					
21:30					
22:00					
22:30	Personal care time				
23:00	Bedtime				

- Athletes to bring running shoes for sprint work.
- Athletes to bring swimming outfits for swimming pool.

Dates of Entries for accreditation and accommodation is 1st-12th July 2019
Please use EWFCES “**Seminar/Camp**” section for entries.

[User Manual for accreditation of EWF “Seminar / Conference / Training Camp” section in EWFCES](#) *click*

Please note that EWF will accept first 60 applications for weightlifters and coaches, the other applications will be postponed to EWF 2020 training camp.

EWFCES SECRETARIAT

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Organizing Committee

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