



**EUROPEAN WEIGHTLIFTING FEDERATION**  
**EFW Training Camp & Scientific Seminar-I**  
**19<sup>th</sup>-24<sup>th</sup> August 2019**  
**Kamianets-Podilskyi-UKRAINE**



**REGULATION**

EFW Training Camp & Scientific Seminar  
 19<sup>th</sup>-24<sup>th</sup> August 2019 Kamianets-Podilskyi-UKRAINE

**DATES:** 19<sup>th</sup>-24<sup>th</sup> August 2019

**PLACE:** Kamianets-Podilskyi-UKRAINE

**Invited National Federations:**

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

**Arrival date** : 19<sup>th</sup> August 2019,

**Departure Date** : 24<sup>th</sup> 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](http://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		Morning training (girls)	Morning training (girls)	Morning training (girls)	Morning training (girls)
10:30					
11:00					
11:30		Morning training (boys)	Morning training (boys)	Morning training (boys)	Morning training (boys)
12:00					
12:30					
13:00		Lunch	Lunch	Lunch	Lunch
13:30					
14:00		Nooning	Nooning	Nooning	Nooning
14:30					
15:00					
15:30		Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)
16:00					
16:30					
17:00		Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)
17:30					
18:00	Coaches Meeting 6.00pm-7.00pm				
18:30		Free time	Free time	Free time	Free time
19:00					
19:30		Dinner	Dinner	Dinner	Dinner
20:00	Dinner				
20:30			Athletes and Coaches Anti-Doping seminar		
21:00	Free time	Coaches seminar		Coaches seminar	Coaches seminar
21:30					
22:00					
22:30	Personal care time	Personal care time	Personal care time	Personal care time	Personal care time
23:00	Bedtime	Bedtime	Bedtime	Bedtime	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 1<sup>st</sup>-12<sup>th</sup> 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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