



**EUROPEAN WEIGHTLIFTING FEDERATION**  
**South Europe**  
**Training Camp & Scientific Seminar**  
**26<sup>th</sup>-30<sup>th</sup> September 2018 Valencia-SPAIN**



**REGULATION**

**DATES:** 26<sup>th</sup>-30<sup>th</sup> September 2018

**PLACE:** Valencia-SPAIN

**Invited National Federations:**

Albania, Austria, Bosnia and Herzegovina, Czech Republic, Croatia, Cyprus, France, Germany, Hungary, Greece, Italy, Kosovo, Malta, San Marino, Serbia, Slovenia, Slovakia, Spain, Switzerland, Turkey, Ukraine.

**Arrival date** : 26<sup>th</sup> September 2018,

**Departure Date** : 30<sup>th</sup> September 2018

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

**ACCOMMODATION:** Accommodation is full board and it is paid by EWF for 2 coach, two youth female athletes and two youth male athletes for each member federation.

Accommodation Places: Portsaplaya Apartments

Address: Plaza de la Señoría, 2. 46120. Portsaplaya – Alboraya – Valencia – Spain.

**FLIGHT TICKETS:** Flight tickets from / to Valencia is paid by delegate own federation.

Local transportation will be paid by EWF.

**TRAINING:** In Centro Deportivo la Creu del Grau.

Address: C/ Islas Canarias, 247 Bajo. 46023 Valencia – Spain

**Youth Training Camp Schedule & Seminars**

	Day 1	Day 2	Day 3	Day 4	Day 5
7:30	Arrival day	Waking up time	Waking up time	Waking up time	Departure day
8:00		Morning exercises	Morning exercises	Morning exercises	
8:30		Breakfast (girls)	Breakfast (girls)	Breakfast (girls)	
9:00		Breakfast (boys)	Breakfast (boys)	Breakfast (boys)	
9:30		Free time	Free time	Free time	
10:00		Morning training (girls)	Morning training (girls)	Morning training (girls)	
10:30		Morning training (boys)	Morning training (boys)	Morning training (boys)	
11:00		Lunch	Lunch	Lunch	
11:30		Nooning	Nooning	Nooning	
12:00					
12:30					
13:00					
13:30					
14:00					

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

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

[Download Participation Form..click](#)

Accreditation and Accommodation Form should return by **20 August 2018**.

Please note that EWF will accept first 50 applications for weightlifters, the other applications will be postponed to EWF 2019 training camp.

**EWF SECRETARIAT**

**Hasan AKKUS**

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**Organizing Committee**

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