



EUROPEAN WEIGHTLIFTING FEDERATION
EWF Training Camp & Scientific Seminar-II
24th-29th August 2019 Ventspils-LATVIA



REGULATION

EWF Second Training Camp & Scientific Seminar
24th-29th August 2019 Latvia, Ventspils Olympic Centre

DATES : 24th-29th August 2019

PLACE : Ventspils-LATVIA

Invited National Federations of:

Belgium, Bulgaria, Denmark, Estonia, Finland, France, Germany, Great Britain, Iceland, Ireland, Italy, Latvia, Lithuania, Netherlands, Norway, Russia, Slovenia, Spain, San Marino, Sweden, Turkey

Arrival date : 24th August 2019

Departure Date : 29th August 2019

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

ACCOMODATION : 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.

Address of the Hotel : Olympic Centre Hotel Lielais prospekts 33 Ventspils Latvia

FLIGHT TICKETS : Flight tickets from / to Riga is paid by delegate own federation.
Local transportation will be paid by EWF.

TRANSPORTATION : Organizing Committee will provide transportation from to Riga Airport-Hotel.

TRAINING : In Ventspils Olympic Centre.

Schedule of Youth Training Camp & 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 | | | | | |
| 11:00 | | | | | |
| 11:30 | | Morning training (boys) | Morning training (boys) | Morning training (boys) | |
| 12:00 | | | | | |
| 12:30 | | Lunch | Lunch | Lunch | |
| 13:00 | | | | | |

| | | | | | |
|-------|----------------------------------|----------------------------|--|----------------------------|--|
| 13:30 | | | | | |
| 14:00 | | | | | |
| 14:30 | | Nooning | Nooning | Nooning | |
| 15:00 | | | | | |
| 15:30 | | Afternoon training (girls) | Afternoon training (girls) | Afternoon training (girls) | |
| 16:00 | | | | | |
| 16:30 | | Afternoon training (boys) | Afternoon training (boys) | Afternoon training (boys) | |
| 17:00 | | | | | |
| 17:30 | Coaches Meeting 6.00pm-7.00pm | Free time | Free time | Free time | |
| 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 swimming pool.

Dates of Entries for accreditation and accommodation is 8th-19th 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 50 applications for weightlifters, the other applications will be postponed to EWF 2020 training camp.

EWFCES SECRETARIAT

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