

INVITATION ...

DUTCH SAMBO TRAINING CAMP

4U2B THERE !!!

Dear sporty sambists and athletes,

Proud to invite you for our Dutch Sambo TrainingCamp. Especially for our members and national – international invited sambo friends. We would be pleased if you sign up as soon as possible, full = full !!!

Great training program from 27 till 29 July, together training, to get better, stronger and to make sambo friends !!!

4U2B THERE !!!

Friday 27 july till Sunday 29 july - 2018 ...

(address; Sport – en Recreatiecentrum Emsland, street Emsland 17, 7731 RP, Ommen, NL)

program Friday 27 july ...

10:00 arrival ...

10:30 welcome - introduction

12:00 lunch

13:30 start training (program follows) #

15:30 end training, rest, free time, housekeeping

16:30 dinner

18:00 start training (program follows) #

20:00 end training, rest, free time (football, volleyball)

program Saturday 28 july ...

09:00 breakfast ...

10:00 start training (program follows) #

12:00 end training, rest, free time, housekeeping

12:30 lunch

13:30 free time, housekeeping

14:00 start training (program follows) #

16:00 end training, rest, free time, housekeeping

17:00 dinner or barbeque (BBQ)

19:00 free time, rest (football, volleyball)

program Sunday 29 july ...

09:00 breakfast ...

10:00 start training (program follows) #

12:00 end training, rest, free time, housekeeping

12:30 lunch

13:30 cleaning rooms, helping, housekeeping

15:30 end of training camp

(#) if there is more enthusiasm, maybe some technique training can be given in the evening. Program can be adjusted during the camp.

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Great and unique training camp in the beautiful area of Ommen, the Netherlands. Nice opportunity to train together. There is room for a limited number so give up quickly ... full = full !!!.

Beautiful and unique sambo training camp ...

Give up quickly !!! full = full ... (minimum age 14 years, SBN member, on invitation and otherwise in consultation)

Don't forget warm clothes and sport shoes (running shoes) and free time clothes. You also need a warm sleeping bag with an extra blanket, plenty of towels, beds are arranged and included.

Notice: don't forget your own tape, shampoo, soap and plasters, medication etc.

We ask follow fee's, for sleeping, breakfast, lunch, dinner (or BBQ) and drinks;

Full board, sleeping two nights, three days trainingcamp, (all inclusive) each | Euro 125,00

Full board is all inclusive three days, two nights with all training sessions, included sleeping, breakfast, lunch, dinner or BBQ, (soft) drinks, milk, coffee, tea and some fruit. If alcohol +18 is allowed, please arrange it yourself, alcohol is not included.

Three days training (5) (not included sleeping, eating, drinks etc.)	each Euro 45,00
Single training, each training (not included sleeping, eating, drinks etc.)	each Euro 10,00
If you want to use ... breakfast	each Euro 5,00
" " ... lunch	each Euro 6,50
" " ... dinner or BBQ	each Euro 12,50

Remember to arrange the following things yourself ...

- Sleeping bag, perhaps extra blanket and pillow;
- Towels for three days (advice 2-3 every day, total 6-9);
- Own medicines, paracetamol, ibuprofen, tape, plasters etc;
- Judo, BJJ and / or sambo suit (s) (and also, sweatpants, shorts, t-shirts etc.);
- Warm clothing, coat, hoodie, sportshoes and something warm for the evenings.

And of course a "Good and Sporty Mood"

Some house rules ...

- rules of the sports centre are to be respected
- adult and good behaviour will be respected;
- drugs and excessive alcohol consumption are not permitted;
- shouting, making hard noise and unacceptable behaviour is not permitted;
- we keep the sport centre, sleeping rooms, campsite / camp clean and tidy;
- respectful contact with other camping guests and children;

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DUTCH S A M B O TRAINING C A M P

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We as organisation SBN - Sambo Bond Netherlands and Sports and Recreation Centre Emsland, Ommen, NL are not responsible or liable for;

- theft, vandalism, accidents, injuries in any form and are not responsible and / or liable for doctor, hospital visit / admission or any medical costs;
- everyone is responsible for his or her own risk / medical / liability insurance(s);
- each provides its own transport to and from the training camp.

We assume that you have enough information and can help you with any questions. Preferably you can send your question by email to info@sambo-nederland.nl For more information about the Dutch Sambo Federation you can also visit our website www.sambo-nederland.nl

See you all on **27 till 29 July** at the DUTCH Sambo training C a m p !!!

4U2B THERE !!!



SAMBO BOND NEDERLAND - Ommen
(DUTCH SAMBO FEDERATION)

