



International Gymnastics Training Camp



July 13th - 20th, 2012 • Kuortane FINLAND

We kindly invite you to a training camp in Kuortane Gymnastics National Training Centre which was established January, 2011.

Kuortane High Performance Training Centre arranges the first international artistic gymnastics training camp for competitive female gymnasts in July 2012.

The camp will be organized July 13th -20th and it is designed for all interested gymnasts who are competing optional level. Also coaches are welcome to join the camp with their gymnasts.

TRAINING

The training during the camp will be planned according to the level of each participant. Main focus will be basic elements and development of new skills. Coaching will be given by head coach of the camp, Tiina Vilenius together with other experienced and qualified coaches. In addition to gymnastics training gymnasts will experiment variety of other sporting activities as well as Finnish nature with forest paths and lake sceneries.

PARTICIPATION FEE (gymnasts and coaches):

- 800 €** / person includes accommodation in double rooms in Sport Hotel (option 1)
- 600 €** / person includes accommodation in double rooms in dormitory (option 2)
- 500 €** / person includes accommodation in triple room in dormitory (option 3)

The participation fee includes training and coaching, other camp activities, full board, accommodation in chosen option and accident insurance.

REGISTRATION

Before the May 31st, 2012 to Tiina Vilenius by email:
tiina.vilenius@kuortane.com

Please send following information

- name and email of the contact person
- name, birthday and competition level of the gymnasts
- name of the participant coach
- chosen accommodation option
- special diet (allergy)
- billing address
- extra information

The Camp will be filled according to the order of registration. The minimum number of participants is 20 gymnasts.



REGISTRATION AND CANCELLING REGULATIONS:

After registration retainer of 200 € will be sent no later than month before camp. Paying the retainer you will confirm your registration to the camp. Amount of the retainer will be deducted from your final bill. You can cancel your reservation without extra fee until the due date of the retainer. If you cancel your reservation after that we will charge 75 € handling and office expenses. Cancellation without notice will be charge 50% of the value of the reservation. If we will cancel the camp we will return your full retainer.

TRAVELLING

The nearest international airport is Vaasa, about 120 km from Kuortane. There are direct flights to Vaasa from Stockholm. The nearest domestic airport is Seinäjoki (50 km) which has connections from Helsinki. We are pleased to help you by request with your travel arrangements from airport to Kuortane.



FURTHER INFORMATION

Tiina Vilenius
+ 358 44 7588 104
tiina.vilenius@kuortane.com

KUORTANE SPORT RESORT, HIGH PERFORMANCE TRAINING CENTRE

Postal address:

P.O. Box 49, 63101 Kuortane, Finland

Street address:

Opistotie 1, 63100 Kuortane, Finland

Tel. + 358 6 5166 111

Fax + 358 6 5166 229



WELCOME TO
KUORTANE :)



Tentative program

FRIDAY, JULY 13TH

Official arrival day

16:00-17:00 Dinner
18:00 Opening of the camp,
jogging and swimming
(Lake Kuortane)
21:00 Evening snack

SATURDAY, JULY 14TH

09:00 Breakfast
10:00-13:00 Training
13:15 Lunch
15:00-18:00 Training
18:15 Dinner
19:30 Sporting activities
21:00 Evening snack

SUNDAY, JULY 15TH

09:00 Breakfast
10:00-13:00 Training
13:15 Lunch
15:00-18:00 Training
18:15 Dinner
19:30 Bowling
21:00 Evening snack

MONDAY, JULY 16TH

08:00 Breakfast
09:00-13:00 Training
13:15 Lunch
14:00-18:00 Shopping trip to
VillageShop www.tuuri.fi/en
18:15 Dinner
19:30 Jogging and swimming
(Lake Kuortane)
21:00 Evening snack

TUESDAY, JULY 17TH

09:00 Breakfast
10:00-13:00 Training
13:15 Lunch
15:00-18:00 Training and
Physical tests
18:15 Dinner
19:30 Swimming and
Recovery Center
21:00 Evening snack

WEDNESDAY, JULY 18TH

09:00 Breakfast
10:00-13:00 Training
13:15 Lunch
15:00-18:00 Training
18:15 Dinner
19:30 Sporting activities
21:00 Evening snack

THURSDAY, JULY 19TH

09:00 Breakfast
10:00-13:00 Training
13:15 Lunch
15:00-18:00 Training
18:15 Dinner
19:30 Campfire

FRIDAY, JULY 20TH

09:00 Breakfast
10:00 Closing of the camp
and Departure

We reserve the right for changes.