



Associação de
Judo do Distrito de

SANTARÉM

Email: geral@judosantarem.com / <http://www.judoajdsantarem.com/>

XVIII INTERNATIONAL TRAINING CAMP AJDS

X Open Internacional
de Cadetes AJDS

14 Julho

XVIII Estágio Internacional

Juvenis ▪ Cadetes ▪ Juniores ▪ Seniores

15 a 18 Julho

TOMAR

Portugal 2024

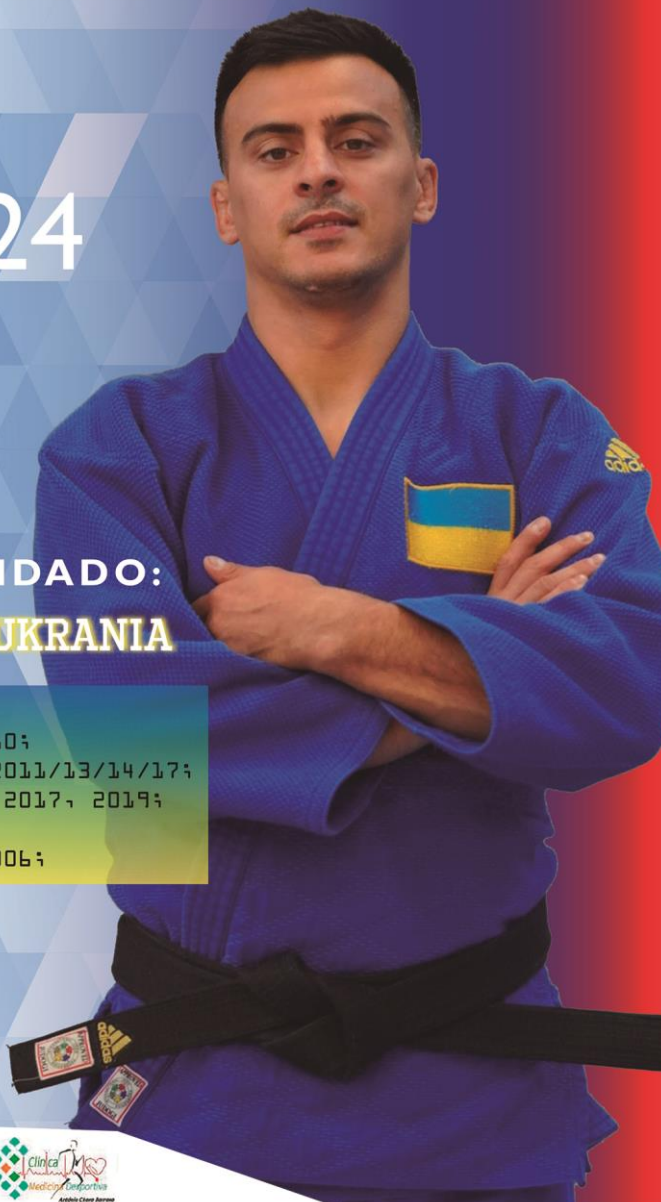


TREINADOR CONVIDADO:
Georgii Zantaraia **UKRANIA**

1x Campeão do Mundo - 2009;
1x Vice-Campeão do Mundo - 2010;
4x Bronze Campeonato Mundo - 2011/13/14/17;
3 x Campeão da Europa - 2011, 2017, 2019;
21 medalhas Circuito mundial;
1x Campeão Europeu Júnior - 2006;

Para mais informações:
Filipe Lopes
geral@judoajdsantarem.com
Telm. 913 498 619

Pavilhão Municipal
cidade de TOMAR



Apoio de:



Regimento
de Infantaria 15



União das Freguesias de
São João Baptista e Santa Maria
dos Olivais de Tomar



Invitation from the President of the AJDS

In each season, we renew our firm will to make Judo de Santarém grow, contributing to international events that bring us closer to the Judoka family.

We are convinced that, in addition to growing with opportunities, we enrich the knowledge of all participants and their technical added value, essential for our collective development.

The city of Tomar, stage of the last editions of the AJDS International Internship, has in its local agents the support that allows it to guarantee the already high success.

To all the participants who visit us annually and who already make up our heritage of friendships, we express our thanks.

Be welcome




António Manuel Pedroso Leal

President of AJDS



Information about XVIII Training Camp AJDS

Date	15 at 18 de July de 2024
Local	City of Tomar
Organization	“Associação Judo Distrito Santarém”;
Technical Responsibility	 <u>Georgii Zantaraia</u> <ul style="list-style-type: none">• Gold Medal in World Championship – 2009;• Silver Medal in World Championship – 2010;• 4 x Bronze Medal in World Championship – (2011/2013/2014/2017);• 3 x Gold Medal in European Championship – 2011/2017/2019;• Gold Medal in Junior European Championship – 2006;• 21 Medals in World Judo Tour;
Equipament	Judogi / Sports equipment (Shorts, T-Shirt, Running shoes, Swimsuit
Technical Director	Filipe Lopes – +351 913 498 619;





Training Camp Program:

Schedules	July 14th	July 15th	July 16th	July 17th	July 18th
08h00-08h30	Accreditation In Sports Hall	Accreditation In Sports Hall			
08h30-09h00					
09h00-09h30					
09h30-10h00					
10h00-10h30		Training I	Training III	Training V	Training VII
10h30-11h00					
11h00-11h30					
11h30-12h00					
12h00-12h30					Closing Ceremony
12h30-13h00					
13h00-13h30		Lunch	Lunch	Lunch	Lunch
13h30-14h00					
14h00-14h30					
14h30-15h00		Free Activity	Free Activity	Free Activity	
15h00-15h30					
15h30-16h00					
16h00-16h30					
16h30-17h00					
17h00-17h30	Training II	Training IV	Training VI		
17h30-18h00					
18h00-18h30	Accreditation In Sports Hall	Dinner	Dinner	Dinner/Party	
18h30-19h00					
19h00-19h30					
19h30-20h00					





Sports Hall:

Local	Municipal City Tomar
Dress	"Rua Centro Republicano – 2300 Tomar"



Accommodation:

Reservation of accommodation will be the responsibility of the participants, and AJDS provides a contact list of accommodation units in the vicinity of the Training Camp location;

Accommodation under the responsibility of the Organization

Accommodation Low Cost	Military Unit – "Regimento Infantaria n.º15"
Dress	"Rua de Coimbra, n.º10, 2300 – 471 Tomar"
Accommodation limit	160 Participants
Information	Necessary Sleeping bag





Contact for Reservations:

Hotel	Kamanga		
Dress	"Rua Major Ferreira do Amaral, n.º16, 2300-507 Tomar"		
Phone	249 311 555	Email:	mail@hotelkamanga.com
Website	https://www.hotelkamanga.com/		
Information:	Price per night/room, with breakfast		

Hotel	Sinagoga		
Dress	"Rua Gil Avô, n.º31 – 31ª, Tomar, 2300-580 Tomar"		
Phone	249 323 083	Email:	hotelsinagoga@gmail.com
Website	https://www.hotelsinagogatomar.com		

Hotel	Bonjardim		
Dress	"Praceta de Santo André, n.º5 – 6, Tomar, 2300 – 445 Tomar"		
Phone	249 313 195	Email:	hotelbonjardim@gmail.com
Website	https://www.hotelbonjardim.com		

Hotel	Cavaleiros de Cristo		
Dress	"Rua Alexandre Herculano, n.7, Tomar, 2300-554 Tomar"		
Phone	249321203	Email:	hotelcavcristo@gmail.com
Website	https://www.tomarhoteiscavcristoeuniao.com/		
Information:	Price per night/room, with breakfast		

Hotel	União		
Dress	"Rua Serpa Pinto, n.º94, Tomar, 2300 Tomar"		
Phone	249321203	Email:	hotelcavcristo@gmail.com
Website	https://www.tomarhoteiscavcristoeuniao.com/		
Observações:	Price per night/room, with breakfast		





Hotel		Hostel 2300 Thomar			
Dress		"Rua Serpa Pinto, n.º 43, 1º, 2300-592 Tomar"			
Phone		927 444 144	Email:	geral@hostel2300thomar.com	
Website		http://hostel2300thomar.com/			
Bunkbed	Capacity	Price per Person/Night	Bunkbed	Capacity	Price per Person/Night
"Galo Barcelos"	9 Persons	25,00€	"Coração de Viana"	6 Persons	25,00€
"Fado"	7 Persons		"Taxi"	9 Persons	
Private Rooms	Specific Information				Price per Room/Night
"Andorinhas"	2 people, shared bathroom				55,00€
"Lenço dos Namorados"	2 people, 2 beds, private bathroom				75,00€
"Elétrico"	2 people, double bed, shared bathroom				60,00€
"Fernando Pessoa"	2 people, double bed, shared bathroom				60,00€
"Sardinha"	4 people, 2 single beds + bunk bed, shared bathroom				110,00€
Information:	All prices with breakfast - Please be advised that there is a 10% discount only for groups of at least 8 people.				

Informations about Accomodation:

All participants must make their reservation as soon as possible so that they can guarantee their accommodation.

The organization is not responsible for the lack of accommodation, however it can collaborate to solve the problem.

Food

Local	"Campus do Instituto Politécnico de Tomar"
Dress	"Quinta do Contador – Estrada da Serra, 2300 – 313 Tomar"
Lunch	Time - 12h30 at 14h00;
Dinner	Time - 19h30 at 20h30;





Other activities:



Free Swimming Pool



Tourism



Athletics / Football

Directions and access to Tomar:

- Access to the city of Tomar is facilitated by a good rail and road transport network.
- We inform you that the organization will provide transfers, from the train and bus station, to the place of accreditation and after accreditation to the place of accommodation;

Airport:

- International Airport Humberto Delgado – Lisbon

Train Station:

- Origin – Gare Oriente to Tomar Station;
- Origin – Campanhã (Porto) To Entroncamento, with connection to Tomar Station;

By Car / Van:

- Origin Lisbon - A1 (Lisbon/Porto) – Exit Torres Novas, with connection to A23 (Torres Novas / Guarda), with connection to A13 (Tomar / Coimbra), and next exit A13 (Tomar Oeste);
- Origin Porto – A1 (Porto / Lisbon) – Exit Condeixa, with connection A13 (Coimbra / Tomar), exit Tomar Norte, with connection IC9, exit Tomar (N110);



Participation Tax:

Pack Gold	1ª Phase	235,00€	2ª Phase	270,00€
Include:	Training Camp (15/07 at 18/07)			
Acomodation	Sunday-Monday	Monday-Tuesday	Tuesday-Wednesday	Wednesday-Thursday
	X	X	X	X
Food	Monday	Tuesday	Wednesday	Thursday
Breakfast	X	X	X	X
Lunch	X	X	X	X
Dinner	X	X	X	
Transfers	X	X	X	X
Activities	X	X	X	
YOU NEED TO BRING A SLEEPING BAG				

Pack Silver 1	1ª Phase	150,00€	2ª Phase	180,00€
Include:	Training Camp (15/07 at 18/07)			
Food	Monday	Tuesday	Wednesday	Thursday
Lunch	X	X	X	X
Transfers	X	X	X	X
Activities	X	X	X	

Pack Silver 2	1ª Phase	184,00€	2ª Phase	225,00€
Include:	Training Camp (15/07 at 18/07)			
Food	Monday	Tuesday	Wednesday	Thursday
Lunch	X	X	X	X
Dinner	X	X	X	
Transfers	X	X	X	X
Activities	X	X	X	

Pack Bronze	1ª Phase	100,00€	2ª Phase	120,00€
Include:	Training Camp (15/07 at 18/07)			
Activities	Monday	Tuesday	Wednesday	Thursday
	X	X	X	X



Extra Pack

Extra Pack:	1ª Phase	2ª Phase
Complete training day	30,00€	30,00€
Lunch / Dinner (each)	12,00€	15,00€
Breakfast (each)	3,50€	4,50€
Accommodation (with breakfast – Night)	18,00€	20,00€
Accommodation (without breakfast – Night)	15,00€	17,00€

- We have the possibility of providing accommodation on the night of Saturday to Sunday, without food;
- Only meals will be provided during the training camp;

Deadlines:

1ª Phase	2ª Phase
26th May 2024	28th June 2024



Payment:

- Registrations for the 1st phase must be paid by 24:00 on May 31, 2024;
- Registrations for the 2nd phase must be paid by 24:00 on July 05, 2024;
- Failure to pay within the 1st Phase deadlines will result in passage to the 2nd Phase;
- For those who sign up in the 1st phase, we accept payment of 50% up to the limit of the same phase, with the remaining 50% being able to pay until June 28th;
- In this case, if the 50% is not paid by the deadline, the remaining 50% will be with values from the 2nd Phase;
- All participants and delegates, must be registered for this event in the link: https://judoajdsantarem.com/portfolio_category/provas/
- **Registration is valid after payment within the deadline established in the registration phase;**
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Conditions for Coaches

Free when:	
Coach with 5 or more athletes offer a Gold Pack, when enrolled in the 1st Phase;	Coach with 2 to 4 athletes, offer of 50% of the Gold Pack, when enrolled in the 1st Phase;

Transfer:

- The organization provides transfers on the day of accreditation, on the route between the station of Tomar (Train/Bus) to the place of accreditation and later to the accommodation;
- During the Training Camp, the organization will provide transfers between the accommodations, training place and food place;

Documentation required

- The necessary documentation can be consulted through the AJDS website at: https://judoajdsantarem.com/portfolio_category/provas/
- For accreditation purposes, it's necessary to present a Citizen Card, Passport or Residence Permit.

Schedules:

- Activity schedules will always be provisional and can be adjusted if necessary;
- The Technical Director of AJDS will always manage the schedules in coordination with the technicians responsible for the Training Camp.

Training Camp Development:

- All participants must participate in all training sessions and must comply with all safety standards;
- Physiotherapy/Nursin support will be provided during the training sessions;
- If there is any question related to the development of the event, the situation must be communicated to the person in charge of the Training Camp (Technical Director AJDS);
- AJDS is not responsible for any occurrence during the entire training camp, however, it will make every effort to collaborate and resolve all situations that may arise;



Technical Responsibilities in other editions:



Katsuiko
Kashiwasaki
2017



Tiago Camilo
2018



Darcel Yandzy
2019



Michel Almeida
2021



Yoshiyuki Hirano
2022



Flávio Canto
2023

Technical Director

Filipe Lopes

4ºDan – Coach Level III