



Associação de
Judo do Distrito de

SANTARÉM

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

XIX Estágio Internacional Juvenis • Cadetes • Juniores • Seniores 14 a 17 Julho



Pavilhão Municipal Patrícia Sampaio

TOMAR Portugal 2025

TREINADORA
CONVIDADA:

**Haruka
Tachimoto**



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

Padrinhos do Judo:



Apoio de:



Federação Portuguesa
de Judo



Regimento
de Infantaria 15



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



Outlines XIX AJDS International Training Camp

Date	De 14 a 17 de Julho de 2025
Local	Sports Hall Patrícia Sampaio – Tomar – Portugal
Organization	Judo Association of the Santarém District;
Responsible Coach	<div></div> <div><h3><u>Haruka Tachimoto</u></h3><ul style="list-style-type: none">• Olympic Champion in Rio de Janeiro, 2016;• 2 x Junior World Champion – 2008 e 2009;• 2 x Grand Slam Champion Paris – 2012 e 2015;• 15 Medals on the World Judo Tour;• 3 x All Japan Champion – 2012, 2015 e 2016;</div>
Equipment	Judogi / Sports Equipment
Technical Director	Filipe Lopes – +351 913 498 619;

Very important information:

At the request of the Guest Coach, we asked everyone not to take any type of photo or video during the Training sessions without the authorization of the Organization. This is an express request from the Trainer in order to preserve its intellectual property.





Training Camp Program:

Program	13 /07/ 2025	14/07/2025	15/07/2025	16/07/2025	17/07/2025
08h00-08h30					
08h30-09h00		Accreditation in Sports Hall			
09h00-09h30					
09h30-10h00					
10h00-10h30		Training Session I	Training Session III	Training Session V	Training Session 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	Accreditation in Sports Hall	Training Session II	Training Session IV	Training Session VI	
17h30-18h00					
18h00-18h30					
18h30-19h00		Dinner	Dinner	Dinner Party	
19h00-19h30					
19h30-20h00					





Training Camp Location:

Local	Patrícia Sampaio Sports Hall
Address	Rua Centro Republicano – 2300 Tomar



Accommodation:

Participants will be responsible for booking accommodation, and AJDS provides a list of contacts for accommodation units near the Training Camp location;

Accommodation under the responsibility of the Organization:

Accommodation Low Cost	Regimento Infantaria n.º15
Address	Rua de Coimbra, n.º10, 2300 – 471 Tomar
Vacancy limit	160 Participants
Information	Sleeping Bag Required





Contact for Reservations:

Hotel	Kamanga		
Address	Rua Major Ferreira do Amaral, n.º16, 2300-507 Tomar		
Phone number	249 311 555	Email:	mail@hotelkamanga.com
Website	https://www.hotelkamanga.com/		

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

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

Hotel	Cavaleiros de Cristo		
Address	Rua Alexandre Herculano, n.7, Tomar, 2300-554 Tomar		
Phone number	249321203	Email:	hotelcavcristo@gmail.com
Website	https://www.tomarhoteiscavcristoeuniao.com/		

Hotel	União		
Address	Rua Serpa Pinto, n.º94, Tomar, 2300 Tomar		
Phone number	249321203	Email:	hotelcavcristo@gmail.com
Website	https://www.tomarhoteiscavcristoeuniao.com/		





Hostel	Hostel 2300 Thomar		
Phone number	927 444 144	Email:	geral@hostel2300thomar.com
Website	http://hostel2300thomar.com/		
Room	Capacity	Room	Capacity
"Galo Barcelos"	9 People	"Coração de Viana"	6 People
"Fado"	7 People	"Taxi"	9 People
Private Rooms	Specific Information		
"Andorinhas"	2 people, shared bathroom		
"Lenço dos Namorados"	2 people, 2 beds, private bathroom		
"Elétrico"	2 people, Double bed, shared bathroom		
"Fernando Pessoa"	2 people, Double bed, shared bathroom		
"Sardinha"	4 people, 2 single beds + bunk beds, shared bathroom		

Accommodation Information:

All participants must make their reservation as soon as possible to ensure their accommodation.

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

Food

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



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Instituto
Politécnico
de Tomar





Other Activities:



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 transportation from the train and bus station to the accreditation location and after accreditation to the accommodation location;

Airport:

- Humberto Delgado International Airport – Lisbon

By Train:

- Origin – Lisbon-Oriente to Tomar;
- Origin – Campanhã (Porto) to Entroncamento, with connection to Tomar;

Highway:

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



Participation Fees

Pack Gold	1st Phase	250,00€	2nd Phase	300,00€
Includes:	Trainig Camp (From 14/07 to 17/07)			
Accommodation (Organization)	Monday - Tuesday	Tuesday - Wednesday	Wednesday - Thursday	
	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	
SLEEPING BAG REQUIRED				

Pack Silver	1st Phase	180,00€	2nd Phase	220,00€
Includes:	Trainig Camp (From 14/07 to 17/07)			
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	1st Phase	150,00€	2nd Phase	180,00€
Includes:	Trainig Camp (From 14/07 to 17/07)			
Food	Monday	Tuesday	Wednesday	Thursday
Lunch	X	X	X	X
Transfers	X	X	X	X
Activities	X	X	X	

Just Training Camp	1st Phase	120,00€	2nd Phase	140,00€
Includes:	Trainig Camp (From 14/07 to 17/07)			
Activities	Monday	Tuesday	Wednesday	Thursday
	X	X	X	X

Extras Package:

Extras Package:	Unit Price
Full Training Day	50,00€
Lunch / Dinner – Each	12,00€
Breakfast – Each	5,00€
Accommodation – With Breakfast – Price per Night	18,00€
Accommodation – Without Breakfast – Price per Night	15,00€



- We have the possibility of providing accommodation on the night from Saturday to Sunday and Sunday to Monday, without meals;
- Meals will only be provided during the training camp;

Registration Deadlines:

1st Phase	2nd Phase
May 30, 2025	July 5, 2025



Payment Methods:

- Registration for the 1st phase must be paid by midnight on May 30, 2025;
- For those who register in the 1st phase, we accept payment of 50% up to the limit of the same phase, with the remaining 50% being payable until July 5, 2025;
- Failure to pay within the deadlines of the 1st Phase will result in moving to the 2nd Phase;
- Registration for the 2nd phase must be paid by midnight on July 5, 2025;
- All participants must register using the following link:
https://judoajdsantarem.com/portfolio_category/provas/
- Registration will only be considered after receipt of the appropriate proof of payment, to the email address geral@judosantarem.com, which must include the identification of the athlete and the club/team;
- After receipt of proof of payment, the corresponding invoice and receipt will be issued;
- Payment Methods: (Payment options must be those chosen on the registration form):
 - 1st Option – Bank Transfer;
 - 2nd Option – By Entity and Multibanco Reference
- Refunds:
 - All amounts paid for registration will not be refunded, even if the athlete/Coach does not participate. Any fair exception will be evaluated by the internship management, upon presentation of a valid justification..



Conditions for Trainer:

Offer to coach:
Clubs with 3 to 4 athletes registered in the 1st phase, we offer 50% of the Gold package;
Clubs with 5 to 9 athletes offer a Gold pack for a coach in the 1st phase;
Clubs with 10 or more athletes registered in the 1st phase, we offer a Gold pack for up to 2 Coaches;

Transfer:

- The organization will provide transfers on the day of accreditation, on the route between Tomar station (Train/Bus) to the accreditation location and then to the accommodation;
- During the International Training Camp, the organization will provide transfers between the accommodation, training and food locations;

Required documentation

- The necessary documentation can be found on the AJDS website at: https://judoajdsantarem.com/portfolio_category/provas/
- For accreditation purposes, it is necessary to present the Citizen Card, Passport or Residence Permit;
- **Program:**
- Activity schedules will always be provisional and may be adjusted if necessary;
- The AJDS Technical Director will manage the schedules in coordination with the technicians responsible for the Training Camp.

Development of the International Training Camp:

- All participants must attend all training sessions and must comply with all safety regulations;
- There will be physiotherapy/nursing support during training sessions;
- If there is any doubt related to the development of the event, the situation must be communicated to the person responsible for the International Training Camp (Technical Director of AJDS);
- AJDS is not responsible for any occurrence during the entire internship, however, it will make every effort to collaborate and resolve any situations that may arise;



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Guest coaches in previous editions:



Katsuiko
Kashiwasaki
2017



Tiago Camilo
2018



Darcel Yandzy
2019



Michel Almeida
2021



Yoshiyuki Hirano
2022



Flávio Canto
2023



Georgii Zantaraia
2024

Technical Director AJDS

Filipe Lopes

4th Dan – Grade III Coach