



Jiu-Jitsu Verband Österreich

Jiu-Jitsu Federation Austria

Sports director JJVÖ

Erber Wilhelm

Email: w.erber@jjvoe.at

Tel.: +43 664 88788 476

National team coach fighting

Tremel Marion

Email: dojo@jjrt.at

Tel.: +43 699 11718160

FIGHT AND FIT CAMP 2017

Everyone who is fighting a lot, would know that technique and experience are the deciding factors when competing with others. Unfortunately it is very hard to practise those aspects of jiu jitsu. That is why the JJVÖ will host a camp for fighting competitors U15 and older under the direction of national team coach Marion Tremel and sports director Wilhelm Erber.

DATE & TIME: Saturday, 8th April (Arrival at 09:00) –
Monday, 10th April 2017 (Departure at 17:00)

LOCATION: STEP, Gästehäuser Pinkafeld,
Steinamangerstr. 2, A-7423 Pinkafeld, Austria,
(<http://www.step-pinkafeld.at/>)

FOR WHOM THIS CAMP IS: Competitors born 2006 and older (primarily Fighting)

WHAT WE WILL BE DOING: There will be multiple technical and randori classes during the weekend. Planned is some outdoor conditional training

COSTS: € 120,- per person which includes:

- Full board accommodation in 2- or 3-bedded rooms
starting and ending with lunch (at arrival and departure day respectively)
- Usage Fee for the sports facilities
- Classes taught by qualified coaches

Don't forget to bring your:

E-Card, gi and protective gear, drinking bottle, small backpack to transport your gear from the accommodation to the sports facilities, clothing for non-jiu-jitsu in- and outdoor training (shoes & clothing for in- and outdoors, rain jacket!),
swimwear, board- or card games

CONTACT AND ADMINISTRATION

Marion Tremel: tel.: +43 699 11718160; mail: dojo@jjrt.at

REGISTRATION until March 24th with registration form attached at dojo@jjrt.at

PAYMENT in cash at the start of the camp

With sporting regards

Tremel Marion, national team coach fighting and Erber Wilhelm, sports director



Jiu-Jitsu Verband Österreich

Jiu-Jitsu Federation Austria

Sports director JJVÖ

Erber Wilhelm

Email: w.erber@jjvoe.at

Tel.: +43 664 88788 476

National team coach fighting

Tremel Marion

Email: dojo@jirt.at

Tel.: +43 699 11718160

REGISTRATION FORM

First Name(s): _____

Last Name(s): _____

Date of Birth: _____

Club/Country: _____

Email-address: _____

Telephonenumber: _____

Information regarding impairment(s) of health (asthma, diabetes, epilepsy,...):

Information regarding special diets (vegetarian, vegan...):

I understand and agree that my data will be used and processed electronically and that photographs taken will be used and saved on digital media for purposes of media coverage.

The event organiser does not assume liability in case of injury or the like.

Emergency contact (in case of illness or injury):

Name Telephone number

Place and date

Signature

(if the participant is a minor a legal guardian must sign)