

★ FITCAMP ★

2012 PRESENTS:



ATHLETIC SAAREMAA special **FITNESS OPEN CUP**

16.-22. july, ESTONIA
Saaremaa County, Orissaare

FitCamp 2012 AthleticFitness Open Cup Saaremaa Special

Our main goal this year is to educate new Athletic Fitness judges, competitors and coaches from all over the world. If you want to have a summer week full of sport and other fun activities, you are welcome to AF FitCamp 2012





INTERNATIONAL ATHLETIC FITNESS FITCAMP

When

July 16-22, 2012

Where

Estonia, Saaremaa County, Orissaare

Why

Our main goal this year is to educate new AthleticFitness judges, competitors and coaches from all over the world. If you want to have a summer week full of sport and other fun activities, you are welcome to AF FitCamp 2012.

Camp package includes:

- Accommodation 6 nights at Püharisti Puhkemaja
- Breakfast, lunch and dinner every day (except breakfast in the first day and dinner in the last day.)
- Unlimited use of gym
- Unlimited sports supplement use (Fast, Olimp)
- Morning gymnasty
- Train with European Fitness Champions- Natalia Nazarenko-Kiivikas and Oleg Anissimov
- AthleticFitness Open Cup Saaremaa (Saturday 21th July)
- Sauna day
- Take part of different sport activities and competitions
- Promotional items for participants
- Awards for the winners





TAKE PART IN THE INTERNATIONAL COURSES:

Tuesday 17th July:

AF rules and strenght round technique: dips, pull-ups- practical with videos
(by Ott Kiivikas)

Wednesday 18th July:

Body round: posing, practical with videos
(by Natalia Nazarenko-Kiivikas, Oleg Anissimov and Ott Kiivikas)

Friday 20th July:

Endurance round theory and ergometer rowing practice
(by Aleksei Lipintsov- rowing trainer)

Fee: 300 euros/ per person. Including accommodation for 6 nights, meals 3 times a day, AF contest fee, all activities and courses in the camp.
Possibility to take part of the camp only on selected day. Fee will be for one day 50 euros/per person.
Including accomodation for one night, catering 3 times in selected date and all courses and activites.

Final entry deadline: July 1, 2012

Traveling

Many Europe cities have direct flights to our capital Tallinn where you can take a bus to the Orissaare or fly to Kuressaare.

Flight information:

<http://www.tallinn-airport.ee/eng/info/timetable>

Buss information:

<http://bussireisid.ee/index.html?MENU=&KEEL=en>

NB! If you want to see the bus timetable, please mark: Departure- Tallinn and Destination- Orissaare

If you travel buy car please note that Orissaare locates on the island. Crossing the bay is only possible with ferry.

Ferry schedules and prices information: <http://www.tuulelaevad.ee/index.php>

NB! Please select route: Virtsu-Kuivastu

Additional info

If you are interested to take part of the camp or want to have more information, please contact with camp executive secretary Aire Lossmann, aire@fitness.ee



ATHLETIC FITNESS SAAREMAA OPEN CUP 2012

TIME

July 21, 2012

PLACE

Orissaare Spordihoone (29A Kuivastu rd.)

REGISTRATION

org@ifbb.ee

Entry deadline July 1

CATEGORIES

Women open

Men open

The contest is run according to the IFBB rules: bodyround, strength round (pullups + dips) and ergometer rowing 1000 m.

All competitors must have an ID document and wear contest attire (bodyround) at the registration.

AWARDS

Places 1.-3. in both categories are awarded cups and diplomas.

There are special prizes for the best juniors (female and male).

Also special prizes from the sponsors.

ENTRY FEE

For the participants of the Summer Camp the contest is free.

For others the **Entry Fee is EUR 20.-** which must be paid at the registration.

NB!

If accommodation is needed, the price is EUR 50.- per night (per person).

This includes three meals a day.

FOR MORE INFORMATION

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