



EUROPEAN WEIGHTLIFTING FEDERATION
EWF Youth Training Camp & Scientific Seminar
Split (CRO), 05th-11th September 2022.

REGULATION

EWF Youth Training Camp & Scientific Seminar, 05th-11th September 2022

DATES: 05th – 11th September 2022

Arrival date: 05th September 2022

Departure Date: 11th September 2022

PLACE: Split - Croatia

TEAM COMPOSITION: Maximum of one male and one female coach, 2 female youth athletes (13-17 years old), and 2 male youth athletes (13-17 years old).

Invitation to all EWF National Federations:

Limited to the first 20 boys and 20 girls. Please book early to secure your places.

If the demand for extra places is required, the EWF will endeavor to source another host federation and venue for a second camp, in the period 12th – 18th September 2022.

ACCOMMODATION: Accommodation is full board and it is paid by EWF for 2 coaches, two youth female athletes, and two youth male athletes for each member federation.

Address of the accommodation: Student Center Split, Cvite Fiskovica 3, 21000 Split, Croatia

FLIGHT TICKETS: Flight tickets to/from Split are paid by the delegate's own federation.

TRANSPORTATION: Organizing Committee will provide transportation Split Airport – Accommodation – Split Airport. Local transportation will be paid by EWF.

TRAINING: Sports Centre Gripe.

COVID-19 PROTOCOLS: Croatia Government Guidelines apply. COVID Update to follow.

Please check the following link for updates:

[LINK](#)

Schedule of 2022 Youth Training Camp & Seminar / Split, Croatia

	05 th	6 th	7 th , 8 th	9 th	10 th	11 th
7:30	Arrival day	Waking up time	Waking up time	Waking up time	Waking up time	Departure day
8:00		Morning exercises	Morning exercises	Morning exercises	Morning exercises	
8:30		Breakfast (girls)	Breakfast (girls)	Breakfast (girls)	Breakfast (girls)	
9:00		Breakfast (boys)	Breakfast (boys)	Breakfast (boys)	Breakfast (boys)	
9:30		Free time	Free time	Free time	Free time	
10:00		Morning training (girls)	Morning training (girls)	Morning training (girls)	Morning training (girls)	
10:30						
11:00						
11:30						
12:00			Morning training (boys)	Morning training (boys)	Morning training (boys)	
12:30						
13:00	Lunch		Lunch	Lunch	Lunch	
13:30						
14:00	Relaxation		Relaxation	Relaxation	Relaxation	
14:30						
15:00						
15:30	Afternoon training (girls)		Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)	
16:00						
16:30						
17:00	Coaches Meeting 6.00pm-7.00pm	Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)	
17:30						
18:00		Free time	Free time	Free time	Free time	
18:30	Dinner	Dinner	Dinner	Dinner	Dinner	
19:00						
19:30	Free time	Coaches' seminar	Athletes and Coaches Anti-Doping seminar	Coaches' seminar Athletes Quiz	T.B.C.	
20:00						
20:30						
21:00						
21:30	Personal care time	Personal care time	Personal care time	Personal care time	Personal care time	
22:00						
22:30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	
23:00						

- Athletes to bring running shoes for running/sprint work.
- Athletes to bring swimming outfits for the swimming pool.

The dates of Entry for accreditation and accommodation are 1st-19th August 2022.

Please note that EWF will only accept a **maximum of the first 40 Athlete applications** (20 boys and 20 girls)