



Schedule

Coaches / Referees / Athletes / Companions (all participate in the same Schedule)

Wednesday October 25th

Arrival day

19:30

Dinner

Free time

Thursday October 26

07:30-09:00

Breakfast

10:00-11:00

Welcome Training by James & Cilia

12:00

Departure to the beach of Loutraki (Lunch packs will be provided)

12:15-16:15

Free time in Loutraki

All further arrivals to Athens airport must have been concluded by 14:00 hrs.

17:00-18:30

Welcome on tatami & Kata workshop by Cilia

19:30

Dinner

Free time

Friday October 27

07:00-09:00

Breakfast

09:30-11:00

Divisioning : all athletes have to present themselves on tatami

9:30

Departure from Sportcamp to sightseeing destinations (Lunch packs will be provided)

15:30

Departure from the above destinations return to Sport Camp, there will be activities at the Sport Camp

19.00

Dinner

Free time

Saturday October 28

07:00-09:00	Breakfast
10.00- 12.30	Competition
12.30 - 14.00	Lunch time
14.00-17.00	Competition
20.00	Farewell Dinner/party

Sunday October 29

07:30-09:00	Breakfast
10:00-16:00	Crossing of the Isthmus Canal by boat (Lunch on board)
18:00	Departures to Athens airport

Monday October 30

07:30-09:00	Breakfast
10:00	Departures to Athens airport