# Cadet training camp, 21-24 april, Papendal, the Netherlands

# Training hall:

Ruskahal, part of Olympic Training Center Papendal Papendallaan 8, Arnhem, the Netherlands

# Entry Fee:

The participation fee for the camp is  $\in$ 25 per athlete. All participation fees will be invoiced to the national federations.

Admission deadline: 02-04-2023 please use the attached form. Payment deadline: 17-04-2023

# Provisional program:

Friday, april 21: 14.00-16.00 arrival of delegations & check-in at hotels 16.00-17.30 randori men (combined with national senior and junior selection) 17.30-19.00 randori women (combined with national seniors and juniors selection)

Saturday, april 22: 09.30-11.00 randori women 11.00-12.30 randori men 15.00-16.30 randori women 16.30-18.00 randori men

Sunday, april 23: 10.00-11.30 randori men 11.30-13.00 randori women Afternoon Free time, also possibility for strength/conditioning (on request, deadline: 17-04-2023)

Monday, april 24: 09.00-10.30 randori women + men (combined with national senior and junior selection women)

# Accomodation:

Hotel Papendal (cat. A) Papendallaan 1, Arnhem Distance to Ruskahal: 200 m Prices per person per night: Single Fullboard: €118.50 Double FB: €88 Single, no food: €99.50 Double, no food: €52.50

Teams are free to arrange other accommodations apart from the hotel Papendal. So, there is no obligatory stay in the hotel Papendal.

However, the organisation cannot offer food service for bookings outside the hotel Papendal. Supermarkets are 5-6 km away from Papendal.

If you do not want to use hotel Papendal, an alternative is Stayoke Arnhem (see below) or other options of your choice. These hotels will come without further service from the training camp organisation.

Stayoke Arnhem (cat. B) Diepenbrocklaan 27, 6815 AH, Arnhem Distance to Ruskahal: 9,2 km Prices per person per night: Single B&B:  $\in$ 64.50, HB:  $\in$ 80.00, FB:  $\notin$ 92.50 Double B&B:  $\notin$ 49.50, HB:  $\notin$ 65.00 FB:  $\notin$ 77.50 4-6 persons B&B:  $\notin$ 34.50, HB:  $\notin$ 50.00 FB:  $\notin$ 62.50

# Transfer:

We kindly ask you to come by car/bus as much as possible.

However, transfer from airports in the Netherlands are available upon request. There will be no bus service during the training camp from Stayoke to Papendal and back.

# Emergency contacts:

General matters	Ms. Melany Beers	<u>m.beers@jbn.nl</u>	+31 6 26768170
Sportrelated questions	Mr. Chiel Willems	<u>c.willems@jbn.nl</u>	+31 6 26076097