



SUMMER TRAINING CAMP

From July 8 to 12 and 12 to 16, 2024

WITH
KEVIN AZEMA & HUGO MÉTIFIOT

PRESENTATION

The Auvergne-Rhône-Alpes judo league offers you 2 training periods in the Arténium de Ceyrat complex from July 8 to 12 and 12 to 16, 2024.

Open to judoka born in 2011, U17 , U20 & U23.

Activities: judo (technique, randori), physical preparation, complementary activities.
Moments of cohesion.

Possibility of individual and group reception (club, committee, etc.)



PROVISIONAL PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY	SUNDAY	MONDAY	TUESDAY
09:30 am 11:30 am	JUDO	JUDO	JUDO	JUDO	JUDO	JUDO	JUDO	JUDO	JUDO
14:00 pm 16:00 pm	ACTIVITIES	ACTIVITIES	TIME FREE	ACTIVITIES	END OF 1ST INTERNSHIP OPENING OF THE 2ND	ACTIVITIES	TIME FREE	ACTIVITIES	ACTIVITIES
16:30 pm 18:30 pm	JUDO	JUDO	TIME FREE	JUDO	JUDO	JUDO	TIME FREE	JUDO	JUDO
19:00 pm	MEAL	MEAL	MEAL	BARBECUE	MEAL	MEAL	MEAL	BARBECUE	

2 weekly judo sessions.

Participation of French and foreign **international judoka**, intervention by 2 **French Champions**

* Friday: 9:00 a.m. – 11:00 a.m. and 2:00 p.m. – 4:00 p.m. (possibility of leaving after lunch).

PRICES

Formulas:

- Full board at Camping de Ceyrat: €260 (€450 for the 2 periods)
- Half board (course and lunch): €30/day
- Only the course: 15€/day

Please note: there are only 100 places at the campsite!

If necessary, the league can guide you in finding your accommodation.



ACTIVITIES NEARBY

DURING YOUR FREE TIME

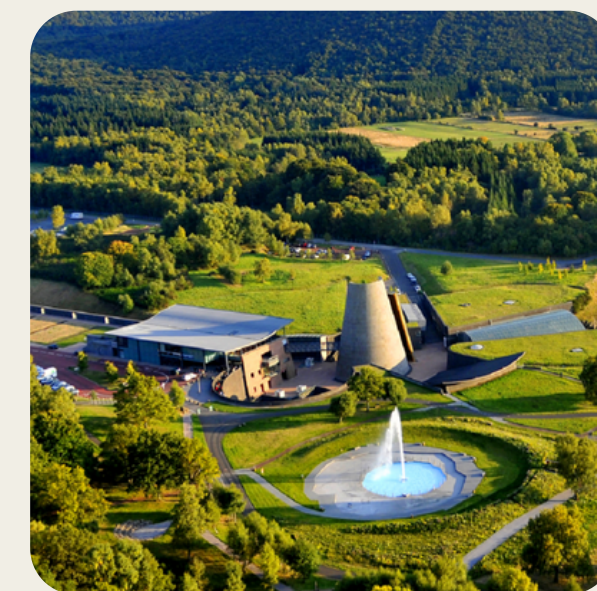
Puy de dôme

Just 25 minutes from the dojo you can hike on one of the most beautiful sites in France, listed as UNESCO.



Vulcania

To better understand the region and its topography come visit Vulcania.



Lac d'Aydat

You can cool off at this lake located just 10km from your campsite.



Clermont centre

A city center rich in culture and history, you can discover the essence of Auvergne.



OTHER POSSIBILITIES ON REQUEST



PARTNERS

+
clermont
auvergne
métropole

La Région 
Auvergne-Rhône-Alpes





CONTACT

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