

## 1st Kids Development Summer Camp 2016



August 29 - September 4  
Loutraki, Greece

Organized by:



OFFICIAL ORGANIZERS



OFFICIAL OPERATORS



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## Index

1. General Information	4
a. Dates and Timetable	4
b. Location	5
c. Event organizer	5
d. Key Contacts	5
2. Time Schedule	6
3. Participation Fee	7
4. Accommodation for Parents	7
5. Points of Archaeological Interest	8
6. Registration Form	9

## 1. General Information

### a. Dates and Timetable

Press Conference	Friday,
<a href="#">Athlete's check-in at SportCamp</a>	<a href="#">Monday, 29 August 2016</a>
Meet and greet	Monday, 29/8, at 13:00
<a href="#">Half day excursion to Ancient Nemea Stadium</a>	<a href="#">Thursday, 1/9</a>
Aquathlon race	Saturday, 3/9
<a href="#">Farewell party</a>	<a href="#">Saturday, 3/9, at 20:00</a>
Athlete's check-out	Sunday, 4/9

### The Ancient Nemea Stadium



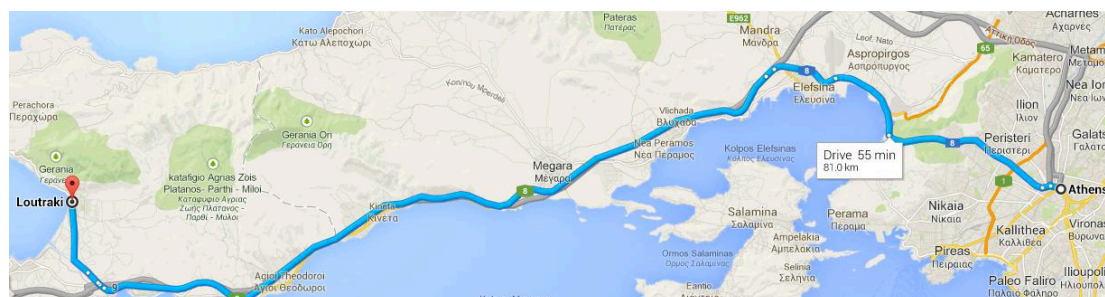
The Panhellenic Games of **Nemea** were held every two years from 573 BC to 271 BC with a brief transferal to **Argos** between ca. 415BC and ca 330 BCE. Originally, they commemorated the death of Opheltes. The **stadium** visible today dates from 330-320 BCE. The clay surface running track measured 600 ancient feet (178 m). The capacity could have been up to 30,000 but it is unlikely such a figure was ever reached. Spectators either sat on the grassy banks or on the two or three rows of stone seats. The judges (Hellanodikaion), dressed in mourning black, sat on a raised platform midway down the stadium. The line of stone starting blocks is still visible running across the track. Since 2004 there has been a revival of the games which are held every four years and are open to all.

## b. Location

**SportCamp, Katounistra Loutraki, 20300 Loutráki, Korinthia, Greece**

+30 2744 023999

<http://www.sportcamp.gr/>



## c. Event Organizer

**Hellenic Triathlon Federation Olympic Stadium**

Kifisias Ave. 37 Marousi

15123 Athens


Tel. +30 210 6800615 - Fax +30 210 6800951

Email: [info@triathlon-hellas.com](mailto:info@triathlon-hellas.com)

## d. Key Contacts

Position	Name	Telephone / Email
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## 2. Time Schedule


**ETU Kids Triathlon Summer Camp 2016**  
 Loutraki, Greece

	<b>Monday</b> 29/8/2016	<b>Tuesday</b> 30/8/2016	<b>Wednesday</b> 31/8/2016	<b>Thursday</b> 1/9/2016	<b>Friday</b> 2/9/2016	<b>Saturday</b> 3/9/2016	<b>Sunday</b> 4/9/2016
7:00		Swim Workshop	Swim theoretical & practical workshop	Breakfast	Swim theoretical & practical workshop		
8:00		Breakfast	Breakfast	Excursion to Ancient Nemea Stadium	Breakfast	Breakfast	Breakfast
9:00		free time	free time		free time	Pre-race warm-up workshop	Packing
10:00	Check-in	Bike Workshop	Bike skills & transition		Bike Workshop	Aquathlon Race (open to parents)	Athletes Farewell
11:00	Coaches briefing				Coaches debrief		
12:00	Meet & Greet	free time	free time	free time			
13:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Check-out
14:00	rest	rest	rest	rest	rest	rest	
15:00							
16:00							
17:00	Swim theoretical & practical workshop	Track and field	Track and field	Track and field	Track and field	Bike check workshop	
18:00	Light snack	Light snack	Light snack	Light snack	Light snack	Light snack	
19:00	Run theoretical & practical workshop	team games	team games	team games	team games	team games the Finals	
20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21:00		Traditional greek dances lesson Party time	Traditional greek dances lesson & Party time	Traditional greek dances lesson & Party time	Traditional greek dances lesson & Party time	The Big Farewell party	
22:00							
23:00							
0:00							

### 3. Participation Fee

The entry fee is 180€

Price includes:

- Accommodation for 6 Nights
- Full Board (Breakfast, Lunch, Light Snack and Dinner)
- Use of SPORTCAMP's facilities ( [www.sportcamp.gr](http://www.sportcamp.gr) )
- All training sessions, supervised by ITU Facilitators
- Taxes

Price doesn't include

- Transfers FROM / TO the Airport with shuttle buses (availability for 8, 19, 26 and 50 passengers, price upon request) or Train (12€ one way ticket) 80' ride from Athens Airport to Station KORINTHOS and then 15' ride by taxi
- Excursion to Ancient Nemea Stadium

### 4. Accommodation for Parents

City of Loutraki (Just 5' ride from SportCamp)

Loutraki city is a top destination in Central Greece, ideal for tourism year-round. The city comprises a set of singular features inclusively:

- Proximity to Athens & the Eleftherios Venizelos International airport (only 80 km away).
- Proximity to the most important archaeological sites of Central Greece (Acropolis, Epidaurus, Mycenae, Heraion, Sounio, Olympia, Delphi, Ancient Corinth, Mistras etc.).
- The mild Mediterranean climate, the crystal clear sea water and the beautiful beaches combined with a fascinating natural environment, created by coexistence of mountain - sea.

## 5. Points of Archaeological Interest

### **Ancient Diolkos**

The Diolkos was a paved trackway near Corinth in Ancient Greece which enabled boats to be moved overland across the Isthmus of Corinth. The shortcut allowed ancient vessels to avoid the long and dangerous circumnavigation of the Peloponnese peninsula. The main function of the Diolkos was the transfer of goods, although in times of war it also became a preferred means of speeding up naval campaigns. The 6 km to 8.5 km long roadway was a rudimentary form of railway, and operated from 600 BC until the middle of the 1st century AD. The scale on which the Diolkos combined the two principles of the railway and the overland transport of ships remained unique in antiquity.

### **Heraion**

The Heraion of Perachora was a sanctuary of the goddess Hera situated in a small cove of the Corinthian gulf at the end of the Perachora peninsula. In addition to a temple of Hera of unusual construction and antiquity, the remains of a number of other structures have also been found, including a L-shaped stoa, a large cistern, dining rooms, and a second potential temple.

### **Loutraki Thermal Spa**

The well known from the ancient times healing and beneficial properties of the waters of Loutraki, provided and still provide through the centuries, prevention and treatment for many diseases, musculoskeletal, skin and other diseases of the human body. Since the time of Hippocrates, it was found that hydrotherapy in warm water (30 –31C0), promotes muscle relaxation reducing sensitivity to pain. While the properties of spa water in conjunction with temperature, decrease the level of stress hormone in humans.

### **Ancient Ports of Corinth**

Corinth had two harbours: Lechaem on the Corinthian Gulf and Cenchreae on the Saronic Gulf. Lechaem was the principal port, connected to the city with a set of long walls of about 2 miles (3.2 km) length, and was the main trading station for Italy and Sicily, where there were many Corinthian colonies, while Cenchreae served the commerce with the Eastern Mediterranean. Ships could be transported between the two harbours by means of the diolkos constructed by the tyrant Periander.



## 6. Registration Form

Registrations will remain open until 18 August 2016.

### REGISTRATION FORM

#### PARTICIPANTS INFO

NAME : .....

Male  Female Date of birth ...../...../.....

Address : Street ..... No ..... Postal code.....

City:..... Telephone .....

E-mail.....

#### USEFUL INFORMATION, REGISTRATION, FINANCIAL TERMS

**Accommodation & Food:** The food and the accommodation of the participants will be made exclusively on the SPORTCAMP facilities..

**Arrival - Departure:** The arrival and departure of the participants are in the care of their parents at specified dates and times. Arrival from 29/08/2016 until 13:00 and departure at 04/09/2016.

**Objects Loss :** Participants do not need to have with them things of value ( jewelry, watches, sound devices, video games) . The SPORTCAMP is not responsible for the loss of objects by the participants.

#### **Cost and registration:**

- ITU Kids (8-16 y.o.) Summer Triathlon Club Camp : € 180.00 Participation with accommodation - food

**Deposit** in a bank account holder SPORT CAMP SA (Alpha Bank 550-00-2320-001344,IBAN Code: GR82 0140 5500 5500 0232 0001 344 ) 50 % of the total amount **in the child's name \*** , send the deposit slip together with this FORM completed at the Secretariat of SPORTCAMP by fax (2744026930) or e-mail (sports@sportcamp.gr).

**The balance is paid upon arrival and a receipt is issued. The invoice is issued on the day of departure of the participant.**

**Note:** Reservations are only made after the deposit. The money is not refundable in case of cancellation or drop out of participating in the program.

#### Terms of participation

The submission of the registration form and the verbal communication with SPORTCAMP are the only ways to register in the camp.

**In order to register, the participant must be above 8 years old.**

By registering in the camp the guardians of the participants accept the company SPORTKAMP SA's desire to keep a record of participants (**maintaining a database in accordance with the provisions of Law. 2472/1997 "On protection of individuals from processing of personal data "**), to communicate with conventional and / or electronic media promotions, newsletters, and / or updates on existing or new products related to participants with no financial or other burdens on members. Use of participants' data for any other purpose is prohibited. The responsible for the collection / compliance of the data of the participants is SPORTCAMP

In case that in the future, participants want the confirmation, modification or deletion of their data to our related file in accordance with Article 13 of Law.. 2472/97 may inform us in writing, by sending a letter to the SPORTKAMP SA . , Katounistra region, Loutraki, tel . 27440 23999

The organizers reserve the right to change the dates, the venue and the prizes of the competition.

#### *Acceptance of Terms of Participation*

By submitting the registration form and accepting the participation of my child at camp I certify that I fully and unreservedly accept these terms. I waive all claims against the company SPORTKAMP SA for any loss or damage, or go through any challenge or to third parties for any reason within the framework of that organization, and consent to the free use of my name / child's image by Sportcamp. I also declare that I have read all the eligibility criteria as listed in participation instructions and accept them fully and unconditionally.

**I have read and accept the above conditions.**

**DATE OF REGISTRATION** ...../...../..... **SIGNATURE:**.....

We look forward to welcoming our young athletes for an unforgettable week, filled with training, team games, fun and the making of lifelong friendships.

See you soon...



ΕΛΛΗΝΙΚΗ ΟΜΟΣΠΟΝΔΙΑ ΤΡΙΑΘΛΟΥ