



SANTASPORT OLYMPIC TRAINING CENTER ROVANIEMI TOGETHER WITH OUNASVAARA ATHLETIC CLUB PROUDLY ORGANISE THE

8-16 years

## SUMMER JUNIOR WEIGHTLIFTING CAMP ON 18-22 June 2017

Santasport Olympic Training Center Rovaniemi is organising its first open, mid-summer junior weightlifting camp intended for children aged 8 - 16 years. The camp welcomes all girls and boys aged 8 - 16 years interested in weightlifting, who are either beginners or advanced weightlifters.

The camp is also marketed in other Nordic nations, so it will be possible to make friends from the neighbouring nations and practice speaking English or Swedish. Those registering for the camp will be divided into sports practice sessions according to level of expertise, so every participant will be allocated to training and coaching groups according to their level of expertise.

Santasport Olympic Training Center is located in the heart of nature in Ounasvaara, only two kilometres from the town centre of Rovaniemi. In addition to having weightlifting practice sessions and technique clinics, the camp offers plenty more, such as instructed practice sessions, skills and motor skill practice sessions, games, competitions, swimming and generally having fun together.

The camp offers every participant the opportunity to learn the techniques of weightlifting with weightlifting professionals and above all the other great participants of the summer camp.

### CAMP FEE: 160 € / PERSON AND 150 € FOR SIBLINGS.

The camp fee includes: ● **floor accommodation** (please bring your own camping mats or inflatable mattress and bedclothes) ● **daily meals** ((breakfast, lunch, dinner and supper) ● **practice sessions and technique clinics** held by professional weightlifting coaches ● **body control practice sessions** on the trampolines and apparatus gymnastics in the vault pit ● **wide-ranging agility and plyometric workout sessions**, as well as games and competitions in the sports hall ● **introduction to Crossfit practice sessions** ● **free admission to Huima Adventure Park** ● **plenty of fun together**; swimming daily, bowling, movie night, frying sausage over the campfire at the campfire shelter, and a hike to the Ounasvaara lookout tower.

**IF YOU WOULD PREFER TO STAY IN A HOTEL ROOM INSTEAD OF SLEEPING ON THE FLOOR, THE CAMP FEE IS 288 €/PERSON.**

The detailed day-by-day camp programme will be delivered to each participant following registration. Information about the payer is requested in connection with electronic registration and payment is made using a separate bill.

**REGISTRATION BY 2ND JUNE: tel. +358 20 798 4282, [krista.hyvonen@santasport.fi](mailto:krista.hyvonen@santasport.fi)**



**WELCOME  
TO ROVANIEMI**



OLYMPIC TRAINING CENTER ROVANIEMI

**SANTA  
SPORT**



**MORE INFORMATION**  
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**ROVANIEMI IS EASILY  
AND QUICKLY ACCESSIBLE**  
Helsinki - Rovaniemi  
1 hour by air  
Rovaniemi airport - Olympic  
Training Center Rovaniemi  
10 minutes

