



TRENING CAMP SERBIA 2

February 22 - April 7, 2021

ROKSANDA ATANASOV - coach

JOVANA PREKOVIC - European and World Champion





TRENING CAMP SERBIA

Arandjelovac,
December 13, 2020

Dear karate friends,

We have the pleasure to invite you to join the 2nd international training camp in Serbia, which will be held from February 22 until April 7, 2021 in our hometown Arandjelovac.

We want to prepare for Tokyo Olympic Games as well as possible with our joint strength and champion spirit.

This is a invitation camp and we chose you to be our guests and enjoy in the preparation process together.

Looking forward to seeing you in Serbia.

Roksanda Atanasov - coach
Jovana Prekovic (European and World champion)



TRENING CAMP

S E R B I A



Important information

COUNTRY: Serbia

CITY: Arandjelovac 34 300

ORGANIZER: Karate club "Knjaz" Arandjelovac

SUPPORT: Ministry of Yough and Sports of Republic os Serbia
Serbian Olympic Committee
Serbian Karate Federation
Municipality of Arandjelovac
Pestan Company

AIRPORT: Nikola Tesla airport, Beograd

TRANSPORTATION: Belgrade-Arandjelovac=64km
Provided by the organizer (please send us information about your arrival and departure)

ACCOMMODATION: Paid by the organizer for invited competitors.
Name of the apartmens: "Central Park Lux" Arandjelovac
Address: Knjaza Milosa 230, 34 300 Arandjelovac

Apartmens are located in the city center, 20m from the beautiful city park.

FOOD: Not included.
The apartments have equipped kitchens where food can be prepared. In the cirkle of 500m there are a large number of various restaurants, fresh food markets and shops.



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Important information

SPORT FACILITIES:

- Dojo of Karate club "Knjaz" (2 tatamies)
- GYM (open all day)

RECOVERY:

- physiotherapy
- massage
- spa

NUMBER OF PARTICIPANTS: Total 10 (one per country)

OUR TEAM:

- karate coach
- fitness coach
- masseur
- physiatrist
- doctor

CONTROL COMPETITONS:

We invite coaches of the competitors to come and actively participate in the training process.

If the coach decides to participate in the camp he must pay for his accomodation.

During the training camp, we plan to organize two times control competitions with refereeing on one tatami.



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Gallery



accommodation



dojo of Karate club "Knjaz"



gym



previus trening camp





TRENING CAMP S E R B I A

Training program

M 22 FEB	T 23 FEB	W 24 FEB	T 25 FEB	F 26 FEB	S 27 FEB	S 28 FEB
ARRIVAL TO SERBIA	REST / WALK	10:00 - 12:00 PHYSICAL	10:00 - 12:00 KARATE	12:00 - 14:00 PHYSICAL	10:00 - 11:30 KARATE	REST
	16:30 - 18:30 PHYSICAL	MASSAGE / RECOVERY	17:00 - 18:30 KARATE	REST / WALK	17:30 - 19:30 KARATE MASSAGE	
M 1 MAR	T 2 MAR	W 3 MAR	T 4 MAR	F 5 MAR	S 6 MAR	S 7 MAR
10:00 - 11:30 KARATE	10:00 - 11:30 KARATE	10:00 - 12:00 PHYSICAL	10:00 - 12:00 KARATE	10:00 - 11:00 KARATE	CONTROL COMPETITION (TRAINING) MASSAGE	REST
17:00 - 19:00 PHYSICAL	17:00 - 18:30 KARATE	MASSAGE / RECOVERY	17:00 - 18:30 KARATE	REST		
M 8 MAR	T 9 MAR	W 10 MAR	T 11 MAR	F 12 MAR	S 13 MAR	S 14 MAR
10:00 - 11:30 KARATE	10:00 - 11:30 KARATE	10:00 - 12:00 PHYSICAL	10:00 - 12:00 KARATE	12:00 - 14:00 PHYSICAL	10:00 - 11:30 KARATE	REST
17:00 - 19:00 PHYSICAL	17:00 - 18:30 KARATE	MASSAGE / RECOVERY	17:00 - 18:30 KARATE	REST / WALK	17:30 - 19:30 KARATE MASSAGE	
M 15 MAR	T 16 MAR	W 17 MAR	T 18 MAR	F 19 MAR	S 20 MAR	S 21 MAR
10:00 - 11:30 KARATE	10:00 - 11:30 KARATE	10:00 - 12:00 PHYSICAL	10:00 - 12:00 KARATE	10:00 - 11:00 KARATE	CONTROL COMPETITION (TRAINING) MASSAGE	REST
17:00 - 19:00 PHYSICAL	17:00 - 18:30 KARATE	MASSAGE / RECOVERY	17:00 - 18:30 KARATE	REST		
M 22 MAR	T 23 MAR	W 24 MAR	T 25 MAR	F 26 MAR	S 27 MAR	S 28 MAR
10:00 - 11:30 KARATE	10:00 - 11:30 KARATE	10:00 - 12:00 PHYSICAL	10:00 - 11:30 KARATE	12:00 - 14:00 PHYSICAL	10:00 - 11:00 KARATE	REST
17:00 - 19:00 PHYSICAL	17:00 - 18:00 KARATE	MASSAGE / RECOVERY	17:00 - 18:00 KARATE	REST	17:30 - 18:30 KARATE	
M 29 MAR	T 30 MAR	W 31 MAR	T 1 APR	F 2 APR	S 3 APR	S 4 APR
12:00 - 13:30 KARATE	12:00 - 13:30 KARATE	10:00 - 12:00 PHYSICAL	10:00 - 11:00 KARATE	12:00 - 13:30 KARATE	12:00 - 13:30 KARATE	REST
		MASSAGE / RECOVERY	17:00 - 18:00 KARATE		MASSAGE	
M 5 APR	T 6 APR	W 7 APR	T 8 APR	F 9 APR	S 10 APR	S 11 APR
12:00 - 13:30 KARATE	10:00 - 11:00 KARATE	DEPARTURE TO MOROCCO	PREMIER LEAGUE RABAT - MOROCCO			
	17:00 - 18:00 KARATE					



Covid regulations

Covid - 19 specific conditions of participation

All participants on control matches, whether they are competitors or coaches **MUST**:

- present, on arrival, at least Covid-19 negative individual medical certificate (the last PCR test not older than 48 hours before arrival) and an individual declaration of honor on the absence of symptoms for at least 14 days (See Appendix 1). Provision to be amended as per local requirements at the time;
- wear a mask at all times. Exceptions: athletes on tatami during matches;
- 1,5 m distance at all times, except for competition during control matches;
- submit themselves to contactless temperature measurement by the organizer on arrival at the point of entry in the country, at accommodation premises, throughout the competition venue.

If a person does not comply with the conditions for participation, they will not be eligible to participate.

In case any of the competition participants gets Covid -19 during the competition they can't sue the camp organizer for that.



Covid regulations

Appendix 1: Declaration of Honor

Athlete Name and surname:

Nationality:

Date and time of arrival:

Coach:

Have you noticed any of the following symptoms within the last 14 days?

	Symptoms	YES	NO
1	Body temperature over 37.5°C		
2	Dry cough		
3	Sore throat		
4	Sudden onset of shortness of breath		
5	Sudden onset of vomiting and/or diarrhea		
6	Sudden onset of articular and/or muscle pain		
7	Fatigue without a known cause		

Are the following statements true for you?

		YES	NO
8	In the past 1 month have you or anyone in your household met a pre-sumptive or declared Covid -19 infected person or anyone who got into close contact with such person?		
9	Is anyone in your household under self or officially imposed quarantine?		
10	Do you live in the same household with an exposed and frail person (> 70 years old, cardiac pathology or chronic pulmonary pathology immunodeficiency)		

I hereby declare on my honor that if any of the above symptoms occur, at any point during my stay or travel, I will duly and immediately inform organizers about that.

Signature:

Print name:

Date:

Coach

.....

.....

.....

Athlete



Covid regulations

Appendix 2: Contact Tracing Questionnaire

Athlete Name and surname:

Nationality:

Date and time of test / symptom onset:

Coach:

Consenting parent* for minors:

In case you have Covid-19 symptoms / positive PCR Covid -19 test, please, list all people who were within 1..5 m of you for at least 15 minutes starting from 2 days before illness onset or 2 days prior to specimen collection until today.. List as many people you can remember..

Name/position of the person	Date of interaction	Duration of interaction	Location of interaction	Activity descripton

Signature:

.....

Print name:

.....

Date:

.....

Coach

Athlete



TRENING CAMP
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Contact

Together Until Tokyo Olympic Games



Contact coordinator:
Roksanda Atanasov
E - mail: roxandalazarevic@hotmail.com
Tel: +38164 16 99 534

Deadline: January 10, 2021



SERBIA February 22 - April 7, 2021