

# INTERNATIONAL TRAINING CAMP SWEDEN 2018

## "DO NOT WISH FOR IT, WORK FOR IT"

MARCH 29TH TO APRIL 1ST 2018 IN HELSINGBORG

### ● **OLYMPIC WRESTLERS**

Our Swedish Olympians will share their secrets and lead classes!

### ● **MEAL AND HOUSING**

Breakfast, lunch and dinner included – bring sleeping bag and ground sheets!

### ● **TRAINING**

Twice a day with coaches from Sweden and other parts of Europe!

### ● **CHAMP OF THE CAMP**

Club tournament between all participating clubs!

### ● **COACH EVENING**

...of course – a traditional Swedish event for leaders and coaches!

### ● **FUN!**

Absolutely, what can possibly go wrong, new memories, sweat, learnings, fun and laughs promised!

For more information email Ola Sjögren at [ola.sjogren@helsingborg.se](mailto:ola.sjogren@helsingborg.se) or call Ryno Sjögren at +46 705 979 203.

We have also created an update on Facebook, if you did not get the information through Facebook just search: "International Female Training Camp 2018".

The training camp starts Thursday 29th of March 2018 and will last until Sunday 1st of April 2018 at lunchtime. We will only have 160 girls / women to the camp, so register as soon as possible (In 2017 we were 140 active girls from nine different countries at this training camp).

Training camp costs are 110 Euros, everything included once in Helsingborg. You need training clothes for wrestling and you should bring a sleeping bag and ground sheets.

Address: Storövägen 52 Rydebäck / Helsingborg

### CHAMP OF THE CAMP TOURNAMENT

We are proud to introduce the new annual "Champ of the Camp" tournament! The tournament is between **the clubs** participating in the camp in the following weight classes; 36/40, 40/43, 43/46, 46/50, 50/53, 53/57, 57/61, 61/64, 64/68, 68/71, 71/75.

Prizes for the **best overall team** as well as **best performance** in each weight class and will take place on Friday 30th of March.

Each club can participate with several teams.



**HELSINGBORG WRESTLING TEAM PROUDLY INVITES CADETS, JUNIORS AND U23**