

Squashtower squash camp



Davor Srednoselec, prof. - ESF L3

Vedran Švonja, prof. - ESF L3

Luka Puškadija, ESF L2

Ivo Dujmov, ESF L2

Venue: FirstFitness&SQUAShtower, Zavrtnica 17, Zagreb, Croatia

Date: 30.08.-02.09.2017.

Price of the camp:

- 1.) 55,00€ (lunch included)
- 2.) 75,00€ (lunch and dinner included)

Entry should be followed with confirmation of payment, with deadline **19.08.2017.:**

Bank: Privredna banka Zagreb
Bank address: Radnicka 50, 10 000 Zagreb
BIC: PBZGHR2X
Account holder: Zagrebacki skvos savez
Holder adress: Zavrtnica 17, 10 000 Zagreb
IBAN: HR4823400091110092100

Entries: davor@squashtower.hr

Accommodation in personal arrangement.

Squashtower squash camp

30.08.-02.09.2017.

Zavrtnica 17, Zagreb

30.08.		31.08.		01.09.		02.09.	
Wednesday		Thursday		Friday		Saturday	
Till 09:15h	Arrival in club	Till 09:15h	Arrival in club	Till 09:15h	Arrival in club	Till 08:45h	Arrival in club
09:30-11:00h	Squash training for groups B1, B2 Track&field training for groups A1, A2	09:30-11:00h	Squash training for groups A1, A2 Track&field training for groups B1, B2	09:30-11:00h	Squash training for groups B1, B2 Track&field training for groups A1, A2	09:00-14:00h	Tournament
11:00-12:00h	Meeting with famous Olympian	11:00-12:00h	Free time	11:00-12:00h	Free time	12:00-13:00h	Lunch in the club
12:00-13:00h	Lunch	12:00-13:00h	Lunch	12:00-13:00h	Lunch	14:00h	Diploma ceremony
13:00-14:30h	Free time	13:00-14:30h	Free time	13:00-14:30h	Free time	14:30h	Departure
14:30-16:00h	Squash training for groups A1, A2 Circuit training for groups B1, B2	14:30-16:00h	Squash training for groups B1, B2 Circuit training for groups A1, A2	14:30-16:00h	Squash training for groups A1, A2 Circuit training for groups B1, B2		
16:00-17:00h	Free time	16:00-17:00h	Free time	16:00-17:00h	Free time		
17:00-18:00	Dinner	17:00-18:00	Dinner	17:00-18:00	Dinner		
18:00-20:00	Fun activity #1	18:00-20:00	Activity #2	18:00-	Rest		

Groups A1 i
A2: 13y+
Groups B1 i
B2: 13y-