

New Year's Camp 2020



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January 2, 3 and 4, 2020.

Taekwondo Training
Organised by Ecole Taekwondo Trappes

Gymnase Broustal
6 Avenue Ludwig Beethoven
78190 Trappes - France

DESCRIPTION :

Ecole Taekwondo Trappes organise its "New Year's Camp" course to start the new year and prepare young people for the sports events of the beginning of the year 2020.

This course will take place from January 2nd to 4th, 2020, from 9 am to 5 pm on several time table, thus allowing to welcome the practitioners, from the white belt to the black belt.

For the sake of organization, the reservation at this stage is obligatory.

The internship program will cover all aspects of the discipline for combat readiness, namely technical and tactical work, arbitration and mental preparation...

On the occasion of this exceptional Taekwondo workshop will be present:

- **Abdel KOP:** physical and mental trainer.
- **Christine NGUYEN:** Black Belt, International Referee, Head of Referees League IDF
- **Rida RACHDI:** Black belt 4th DAN, several times Moroccan Champion former member of the national team of Morocco.
International Coach, Coach DFER IDF, Coach of Hanok Taekwondo Paris and Senior Coach of ASC Champigny-sur-Marne best club in France Seniors 2019.
- **Lionel BAGUISSI:** Black Belt 4th DAN, Central African Champion, 9 times in a row Champion of Gabon, 1st qualified Gabonese at the Beijing 2008 Olympic Games in China
International Coach, Main Coach of Club Taekwondo Chartres.
- **Jaouad CHOUBA:** International Coach and Head Coach of the Ecole Taekwondo Trappes best club of France 2019 Cadets/Juniors.

Training place :

GYMNASE BROUSTAL
6 Avenue Ludwig
Beethoven
78190 Trappes
France



For registrations, go to the Martial Event platform.

Further information by mail: newyearscamp@hotmail.com
or by phone at: **+33 6 51 72 57 80.**

Registration deadline for the internship December 15, 2019.

CONDITIONS OF PARTICIPATION:

- All athletes must have a valid and up-to-date a valid license / insurance associated with your country's NGB.
- Sport passport of the country of adhesion with a medical certificate of aptitude to the competition of the current season.
- License 2019-2020
- Parental authorization for minors.
- Only participants who have paid their registration fee of 50 € before 15 December 2019 will be accepted.
- Coaches must be of age and can participate in the course.

Sportive equipment:

Each athlete must be provided with full protections, 2 rackets, 1 pao, 1 bottle of water and 1 towel.

PROGAMME OF THE COURSE:

NEW YEAR'S CAMP SCHEDULE						
Thursday 2			Friday 3		Saturday 4	
Children - Cadet 1		Cadet 2 - 3 Junior - Senior	Children - Cadet 1	Cadet 2 - 3 Junior - Senior	Children - Cadet 1	Cadet 2 - 3 Junior - Senior
9h - 10h30	Prep. Physical and Mental		9h - 10h30		9h - 10h Rules and Arbitration Course	
		10h30 - 12h30		10h30 - 12h30	10h - 15h30 Tests Matches	
13h30 - 15h			13h30 - 15h			
		15h - 17h		15h - 17h		

LUNCH:

It is forbidden to eat in the sports complex. It has a suitable relaxation area.

Snack and fast food and dishes will be available on site.

ACCOMMODATION:

We propose two types of accommodation:

- Accommodation + breakfast at 18 € 35 per night per person
- Dinner + accommodation + breakfast at 28 € 85 per night per person.

The accommodation is located:

- In an outdoor facility not far from the gymnasium, the Saint-Quentin-en-Yvelines shopping center and near SQY West.
- 20 minutes from Paris by car via the A12-A13 motorway.
- 30 minutes from Paris by public transport from Gare Saint Quentin En Yvelines.

A shuttle service is provided between the gymnasium and the accommodation.

The number of places being limited to 52 beds, it is important to quickly reserve your accommodation.

Further information by mail: **newyearscamp@hotmail.com**

or by phone at: **+336 20 56 38 58.**

