



METEORA WRESTLING ACADEMY

INTERNATIONAL TOURNAMENT

28 – 30 JUNE 2019

INTERNATIONAL MODEL CAMP

01 – 05 JULY 2019

Organized by:

- Palestra Athletic Training Centre (PATC)
- Trikala Wrestling Sports Club (APS Trikala)



APS TRIKALA & ATHLETIC TRAINING CENTRE PALESTRA

Municipal Stadium of Trikala - 42100 Trikala, tel.: 00306932212151, email: ntsiakar@pe.uth.gr

Under the auspices of:

- The Greek Wrestling Federation (ΕΛΟΠ)
- the Region of Thessaly – Regional Unit of Trikala

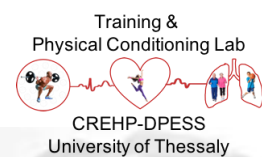
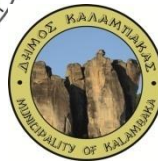


ΕΛΛΗΝΙΚΗ ΟΜΟΣΠΟΝΔΙΑ
ΠΑΛΗΣ



Supported by:

- the Municipality of Trikala
- the Municipality of Meteora
- the Training and Physical Conditioning Lab, Department of Physical Education, DPESS, University of Thessaly



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METEORA WRESTLING ACADEMY

A. INTERNATIONAL TOURNAMENT

Proclamation of sports competition

2st International tournament

METEORA WRESTLING ACADEMY- 2nd International wrestling tournament is held in the Municipal Indoor Gym of Trikala on 28th – 30th June, 2018; participating athletes of Greek-Roman and free-style wrestling, aged 10 – 17 years old (i.e. born in 2002 – 2009). The aim of the tournament is to promote the sport through such activities that will bring young athletes closer to wrestling in order to achieve both their long-term occupation and their social inclusion.

SCHEDULE OF COMPETITION

METEORA WRESTLING ACADEMY – 2nd International Wrestling Tournament 28 - 30 June 2019

Friday, 28th June 2019 - GRECO-ROMAN wrestling matches

*** Optional, mainly for the Greco-Roman delegates that will travel from afar.**

17:00- 18:00 Credentials of Greco-Roman wrestling

18:00- 19:00 Medical tests; weighing the athletes of Greco-Roman wrestling

Saturday, 29th June 2019 - GRECO-ROMAN wrestling matches

*** Optional, mainly for the Greco-Roman delegates that will arrive on Saturday.**

11:00- 11:30 Credentials of Greco-Roman wrestling athletes

11:00- 12:00 Medical tests; weighing the athletes of Greco-Roman wrestling

13:00- 16:30 Preliminary rounds

16:30- 17:30 Break

17:30- 19:00 Semi-finals

19:00- 20:00 Finals

20:00- 21:00 Awarding ceremony

21:00- 21:40 Opening ceremony

21:40- 22:00 Awarding ceremony

On the same day

*** Optional, mainly for the Freestyle delegates that will travel from afar.**

17:00- 18:00 Credentials of Freestyle wrestling athletes

18:00- 19:00 Medical tests; weighing the athletes of Freestyle wrestling

Sunday, 30th June 2019 – Freestyle wrestling matches

*** Optional, mainly for the Freestyle delegates that will arrive on Sunday.**

11:00- 11:30 Credentials of Freestyle wrestling athletes

11:00- 12:00 Medical tests; weighing the athletes of Freestyle wrestling

13:00- 16:30 Preliminary rounds

16:30- 17:30 Break

17:30- 19:00 Semi-finals

19:00- 20:00 Finals

20:00- 21:00 Awarding ceremony

End of tournament – Departure of groups.

Regulations

Please, read carefully the terms and regulations of the tournament!!!!

1. Any possible **weigh aberration** won't be acceptable
2. Wrestling **style, duration** of matches, **weight** classes and **age** categories of the athletes allowed to participate in the tournament:

GRECO-ROMAN	
Athletes born in: 2002 - 2003	Duration of matches: 2x2 min
Weight classes:	51 55 60 65 71 80
Athletes born in: 2004 - 2005	Duration of matches: 2x2 min
Weight classes:	44 48 52 57 62 68
Athletes born in: 2006 - 2007	Duration of matches: 2x2 min
Weight classes:	35 38 42 47 53 59 65
Athletes born in: 2008 – 2009	Duration of matches: 2x2 min
Weight classes:	29 32 35 38 42 47 54

FREESTYLE	
Athletes born in: 2002 - 2003	Duration: 2 X 2 min
Weight classes:	51 55 60 65 71 80
Athletes born in: 2004 – 2005	Duration: 2 X 2 min
Weight classes:	44 48 52 57 62 68
Athletes born in: 2006 - 2007	Duration: 2 X 2 min
Weight classes:	35 38 42 47 53 59 65
Athletes born in: 2008 - 2009	Duration: 2 X 2 min
Weight classes:	35 38 42 47 53 59 65

FREESTYLE – GIRLS	
Athletes born in: 2002 - 2003	Duration: 2 X 2 min
Weight classes:	40 46 52 56 60 65
Athletes born in: 2004 - 2005	Duration: 2 X 2 min
Weight classes:	40 46 50 54 58 63
Athletes born in: 2006 - 2007	Duration: 2 X 2 min
Weight classes:	38 42 46 50 54 58
Athletes born in: 2008 - 2009	Duration: 2 X 2 min
Weight classes:	32 35 38 42 48

3. **Regulation system of matches:** The general Worldwide Federation – UWW regulations will be applied.

4. **Along with the medical tests and the weighing, every athlete should present:**



- THE WRESTLING FEDERATION CARD
 - ID OR PASSPORT OR OTHER PERSONAL IDENTIFICATION DOCUMENT (E.G. BIRTH CERTIFICATE)
 - PARENTAL OR GUARDIAN CONSENT FORM (available to be downloaded from www.meteorawrestlingacademy.gr, and filled in and signed at their own risk)
 - ATHLETE HEALTH CARD
5. **Prizes:** First, second and third place will be awarded with diploma and medal. Moreover, fifth to eighth place will be awarded with diplomas.
Diplomas, medals and a cup will be awarded to the three first groups.
Diplomas will be given to groups coming fourth to eighth.
6. The total of **ranking** will be the sum of the points that each group will get in every weight class.
The first gets 8 points while the eighth gets one point.
There will be group ranking in Greco-Roman, Freestyle and Freestyle girls.
7. **Accommodation** (optional)
Participants will stay at selected hotels in the city of Trikala (breakfast included).
8. **Food** (optional)
All delegates will have lunch and dinner at selected restaurants in the city of Trikala.

Booking only through the PARTICIPATION FORM. Please, proceed to early booking due to restricted availability. Priority will be given to early claiming.

In case of special dietary preferences, it should be mentioned in application.

1. **Participation forms - Entries**

- Available only online: www.meteorawrestlingacademy.com
- **Deadline: 31st May 2019**

2. Participation Fee in the Tournament

The participation fee in the tournament is **30 euros per athlete** as long as a deposit is made till **31st May 2019** in the following bank account: NATIONAL BANK OF GREECE **IBAN: GR84 0110 4770 0000 4770 0349 914** (Holder of the account: ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΗΣ ΑΘΛΗΤΩΝ ΠΑΛΑΙΣΤΡΑ – PALESTRA ATHLETES TRAINING CENTRE) under the reasoning: METEORA TOURNAMENT along with the name of the athlete in case the deposit is made through their respective Clubs.

- Participation Fee of **40 euros per athlete** if the amount will be collected during the weighing procedure (28th -29th June 2019)
 - **Accommodation and food total cost: 40 euros per athlete/day**
3. **Under the framework of international represented refereeing, every foreign group with more than seven athletes is entitled to include a referee of their nationality in their delegation. Accommodation fee and food are fully covered by the organization holding the event.**

4. **METEORA WRESTLING ACADEMY** bears no responsibility related to any kind of object loss or accident concerning the participating athletes. Coaches and escorts will be responsible for all under-aged athletes.

5. LIABILITY INSURANCE

Each participant, having filled the application, takes full responsibility for the case of loss of personal objects, any damage caused or any injuries that can happen during the camp and does not claim anything from the organizers or their partners.

Attention – Important!! The number of the participants will be restricted (250 **athletes** per style – excluding the organizing sport club) and order of priority will be given to early claiming. *Places are limited and will be allocated on a first come first served basis.*

Important dates

Friday, 31st May 2019: Deadline for the submission of the participation forms

Friday, 28th June 2019: (optional*) Credentials - weighing the athletes of **Greco-Roman wrestling**

Saturday, 29th June 2019: Credentials – round draws - weighing the athletes of **Greco-Roman wrestling**

Saturday, 29th June 2019: Opening ceremony of **METEORA WRESTLING ACADEMY - 2nd International Freestyle Wrestling Tournament**

Saturday, 29th June 2019: (optional*) Credentials - weighing the athletes of **Freestyle wrestling**

Sunday, 30th June 2019: Medical tests; weighing the athletes of **Freestyle wrestling**

Sunday, 30th June 2019: Matches of **METEORA WRESTLING ACADEMY – 2nd International Freestyle Wrestling Tournament**

Venue of tournament: Trikala – Greece - Municipal Indoor Stadium of Trikala (Katsimideio).

Submitting this participation form, the athlete declares through the person accompanying them that they accept and comply with the terms of the notice of invitation.



On behalf of
the organizing committee of
METEORA WRESTLING ACADEMY
**2nd International
Wrestling Tournament**
Nikos Tsiakaras and Giannis Tzikas

METEORA WRESTLING ACADEMY

B. INTERNATIONAL MODEL CAMP

NOTICE OF INVITATION

International Model Camp 2019

METEORA WRESTLING ACADEMY- International model camp 2019 is held in the Municipal Indoor Gym of Trikala on July 1 – 5, 2019.

The aim of the camp is to train the participating athletes of Greco-Roman and Free-style Wrestling, aged 10 – 17 years old (i.e. born in 2002 – 2009) and the simultaneous education of the athletes on cultural and health issues.

PROGRAM

1. GENERAL DAILY SCHEDULE

- Breakfast in the hotel
- Morning training
- Lunch
- Relaxation time
- Afternoon training
- Dinner
- Relaxation

Note: Detailed schedule with the exact times and dates will be sent individually after the end of application forms and its finalization.

2. EXTRA EVENTS

- **Touring** in the Municipal of Meteora (city of Kalampaka, Natural History Museum, Meteora Monasteries) and in the Municipal of Trikala (city of Trikala, Citadel – Fortress, Asclepion of ancient Trikki, Tsitani Museum – the old prison, Varoussi - the old town).
- **Outdoors training** in a natural environment (Meteora)
- **Theme nights:** cinema night, music night, dance night, local cultural night – everything organized taking into consideration the sports groups' wishes and preferences

3. TRAINING SCHEDULE (M= morning training, A= afternoon training)

MONDAY 1/7/2019	1 ⁿ training group M: technical and tactics - upright position	2 ⁿ training group A: technical and tactics – low position
TUESDAY 2/7/2019	3 ⁿ training group M: interval method – special physical preparation	4 ⁿ training group A: technical and tactics – upright and low position
WEDNESDAY 3/7/2019	5 ⁿ training group M: technical and tactics - upright position	6 ⁿ training group A: technical and tactics – upright and low position
THURSDAY 4/7/2019	7 ⁿ training group M: technical and tactics – upright and low position	8 ⁿ training group A: interval method – special physical preparation
FRIDAY 5/7/2019	9 ⁿ Physical conditioning and Wrestling on Meteora rocks	Departure

4. TRAINING

Daily training program held with the best coaches – trainers from all over the world in the indoor municipal gym of Trikala. The trainings include general improvement of the athletes' technique and tactics, their physical condition, their sports racing attitude and so on.

Group formation of athletes according to wrestling style, ages etc.

5. CATEGORIES – AGES

The participants' categories according to their age are the following:

1. 16-17 years old (**2003- 2002**) Greco-Roman and freestyle wrestling (boys and girls)
2. 14-15 years old (**2005- 2004**) Greco-Roman and freestyle wrestling (boys and girls)
3. 12-13 years old (**2007- 2006**) Greco-Roman and freestyle wrestling (boys and girls)
4. 12-13 years old (**2009- 2008**) Greco-Roman and freestyle wrestling (boys and girls)

Notice: the age category is defined according to the date of birth mentioned on official document provided: ID card, birth certificate, passport or athletic property bulletin number.

6. SCIENTIFIC EVALUATION AND GUIDANCE AIMING AT IMPROVING THE ATHLETES' PERFORMANCE

During «**METEORA WRESTLING ACADEMY – International model camp 2019**», experienced scientists from the Laboratory of Training of the Centre of Research and Evaluation of Human Performance (Department of Physical education and Sport Science, University of Thessaly) with scientific expertise Dr. Vasilis Gerodimos, professor of Training & Physical Conditioning in the Department of Physical Education and Sport Science at the University of Thessaly, Greece, will realize ergometric evaluation in all participants.

7. PRACTICAL APPLICATION OF THE INTERNATIONAL WRESTLING RULES

Along with the event, sessions by acclaimed and world-renowned referees for wrestling competitions will be held practically applying the international wrestling rules. The athletes will have the chance to apply these techniques under the guidance of experienced referees.

8. Accommodation (optional)

The participants will be accommodated in selected Hotels in the city of Trikala (breakfast included).

9. Food (optional)

All delegates will have lunch and dinner in selected restaurants in Trikala.

10. ACCOMMODATION – FOOD

Booking through APPLICATIONS OF PARTICIPATION in the CAMP. Please, proceed to early booking due to restricted availability. Rooms will be booked according to dates of application.

If there is any special dietary preference, it should be mentioned in the application.

11. TRANSPORTATION

Commuting from the hotel to the training field and back, plus touring, will be done with the buses of the camp (cost included in the participation fee)

12. SPECIAL TERMS

- **Entitled to participate** are the athletes that own an athletic property bulletin and are members of an accredited sports club; they should also be born in **2002-2009**.
- **Outfit:** the athletes' outfit during training is the usual uniform (tracksuit, wrestling shoes and suit, towel etc) and in all cases, hygiene rules should be followed.

13. APPLICATION FORMS

- Only **electronically** in : www.meteorawrestlingacademy.com
- **Deadline** for application forms: **31st May 2019**

14. DOCUMENTS ATTACHED

Along with the application, the following documents should be attached and sent to METEORA WRESTLING ACADEMY – International model camp 2018: info@meteorawrestlingacademy.gr

- a) **ATHLETIC PROPERTY BULLETIN** of the participant and their ID or passport or any other official document with their personal identification information (e.g. birth certificate).

b) **PARENTAL (OR GUARDIAN) CONSENT FORM** - The relevant document is available to be downloaded in www.meteorawrestlingacademy.gr . The document must be filled and signed by the athletes' parent or guardian and attached to the application.

c) **RECEIPT OF PARTICIPATION FEE DEPOSIT**

15. INSURANCE COVER FOR ATHLETES

Every participant in METEORA WRESTLING ACADEMY – International model camp 2019 will be insured in case of accident or injury in an insurance company.

16. INJURY – LIABILITY INSURANCE

Each participant, having filled the application, takes full responsibility for the case of loss of personal objects, any damage caused or any injuries that may happen during the camp and does not claim anything from the organizers or their partners.

17. CHANGE OF THE PARTICIPATION TERMS

The organizing committee preserves every right to unconditionally change the terms and presuppositions of the event to the benefit of it as long as the organizers beforehand inform every participant. The right to have the event postponed or cancelled is also valid under the condition that all participation fees will be fully refunded. No refunds are liable in any other case.

18. PARTICIPATION FEE IN METEORA WRESTLING ACADEMY – International model camp 2019

a. TOTAL PARTICIPATION FEE FOR THE CAMP: 180 € /person (all inclusive) .

b. There is the possibility of participating only in the training sessions **without any extra services and facilities offered (accommodation/food)** under the cost of **80 euros per person**.

The applicants should make a deposit till **31st May 2019** in the following account: National bank of Greece IBAN: **GR 84 0110 4770 0000 4770 0349 914**. Holder of the account : ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΗΣ ΑΘΛΗΤΩΝ ΠΑΛΑΙΣΤΡΑ (PALESTRA ATHLETES TRAINING CENTRE). Reasoning of deposit: METEORA MODEL CAMP and the name of the athlete if the deposit is overall done under the name of the sports club.

Total participation fee for the camp for applicants after **31st May 2019**:

- a. TOTAL PARTICIPATION FEE FOR THE CAMP: 220 € /person (all inclusive)
- b. There is the possibility of participating only in the training sessions **without any extra services and facilities offered (accommodation/food)** under the cost of **110 euros per person**.

19. The participation fee also includes:

- Participation in training sessions
- Ergometric test and evaluation
- One session on First Aid – ΚΑΡΠΑ (cardiopulmonary resuscitation)
- Transportation – guidance according to the schedule
- Training in a natural environment (METEORA)
- Theme nights: cinema night, music night, dance night, traditional local night (everything arranged according to the wishes of the sport groups)
- Souvenirs of METEORA WRESTLING ACADEMY -International model camp 2019

Submitting this participation form, the athlete declares through the person accompanying them that they accept and comply with the terms of the notice of invitation.



On behalf of the organizing committee of
METEORA WRESTLING ACADEMY
International Model Camp
Nikos Tsiakaras and Giannis Tzikas

Appendix

Special offers for participation both in the tournament and the camp!!!

Including:

- a. The Tournament participation fee
- b. The camp participation fee
- c. 7 days accommodation (all inclusive)

1st packet to 31st DECEMBER 2018: **TOTAL COST: 250€**

2st packet to 31st MAY: **TOTAL COST: 290€**