

1st INTERNATIONAL MTBO YOUTH & JUNIOR TRAINING CAMP

The Czech Republic

Centre

Plasy – 25km Northern from Plzen, <https://mapy.cz/s/1jHbX>

Organizers

Ondrej Hasek, founder of Czech youth and junior MTBO team

Veronika Kubinova, 7times gold JWOC medalist

Jan Hasek, 2times gold, 1silver youth EYMTBOC and silver medalist of JWOC

Accommodation and meal

There are 4-6 bet lodges in the centre, max capacity 350 bets

Meal will be organized according to schedule, menu typical Czech

Who is invited?

Talented 15 – 20 years athletes who are interested in MTBO and have experiences in this sport and couches of teams.

Target

Training, socializing, motivation, fun, friends across the world ...

Time schedule

➤ **Sat 1. 7. 2017**

Arrival, we are beginning by dinner

Un-official training – “bike games”

Training camp opening, team introduction and socializing, games

➤ **Sun 2. 7. 2017**

Morning warm-up, breakfast

Transport to Centre of trainings in Plzen

Trainings I and II, reachable from one place (lunch - supermarket), groups divided in two parts

After dinner program (team building, secret of MTBO)

➤ **Mon 3. 7. 2017**

Morning warm-up, breakfast

Transport to Centre of trainings in Plzen (lunch – there is a restaurant), reachable from one point

Trainings III and IV, groups divided in two parts

After dinner program (team games, party)

➤ **Tue 4. 7. 2017**

Morning warm-up, breakfast

Training V - Team spirit (super sprint of teams in campsite)

Lunch in Plasy, training camp closure

"TVO" (training free time)

The dinner is already part of MTBO5days in responsibility of individual teams.

➤ **Wed 5. 7. 2017**

MTBO 5days starts..... more info see: <http://mtbo5days.eu/>

Prize:

...is under negotiation with sponsors :-), will be published later

(Will include: parking, accommodation, food (breakfasts and dinners), maps, trainings, mapholder borrowing,...)

Mapholders:

Possibility to borrow or buy by AUTOPILOT in the campsite

Transport to training centers:

By team's cars. We **don't** provide collective transport.

Preliminary registrations (interest):

We would be very thanks if you give us preliminary guess of quantity of your country participants till 12. 2. 2017 just via e-mail to hasa.

Deadline of registrations:

31. 5. 2017

Information

Contact person: Ondřej Hašek (hasa69@seznam.cz)

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On-line media

[FB page](#)

