

VIKING CAMP 2008



5th to 10th of August

Kongsberg, Norway

www.kongsberg.net/bk/judo



Viking Camp

Viking Camp is a camp that has been held 13 times since 1994. We have had participants from Norway, Sweden, The Faroe Islands, Finland, Spain, Belgium, Scotland, England, Brazil and Japan.

Practical information

When: Tuesday 5th to Sunday 10th of August 2008

Venue: Tislegård Ungdomsskole, Kongsberg, Norway. Kongsberg is situated approx 1 hour drive from Oslo.

Participants: Youth, boys and girls, in the age of 12 to 20 years old. A minimum of 4th kyu is required.



Accommodation: All participants can sleep at the school in class rooms. Remember to bring your own sleeping bag and mat.

We can help to provide hotel for those who want that.

Camp fee: 1750 NOK, including all meals and accommodation.

Instructors: Will be announced later



Registration: Application form should be sent, within 11th of July by e-mail to rina_ns@hotmail.com
Containing; Name, age, grade, club and responsible club coach.



Program Viking Camp 2008

Date	Time	Activites
Tuesday	13.30 - 15.30	Check in
	15.30 - 17.00	Training
	17.30 - 18.30	Dinner
	18.30 - 23.00	Free activites
	20.00 - 22.00	Movie
Wednesday	8.00 - 9.00	Breakfast
	9.30 - 11.30	Training
	12.00 - 13.00	Lunch
	13.00 - 15.30	Free activites
	15.30 - 17.30	Training
	18.00 - 19.00	Dinner
	18.30 - 23.00	Free acvtivites
	19.00 - 21.00	Land Hockey cup
Thursday	8.00 - 9.00	Breakfast
	9.00 - 17.00	Trip to Sommarland in Bø, water park, free activities
	17.30 - 18.30	Dinner
	18.30 - 23.00	Free activites
Friday	8.00 - 9.00	Breakfast
	9.30 - 11.30	Training
	12.00 - 13.00	Lunch
	13.00 - 15.30	Free activites
	15.30 - 17.30	Training
	18.00 - 19.00	Dinner
	18.30 - 23.00	Free activites
	19.00 - 21.00	Football cup
20.00 - 22.00	Movie	
Saturday	8.00 - 9.00	Breakfast
	9.30 - 12.00	Viking Cup
	12.00 - 13.00	Lunch
	14.00 - 17.00	Viking Cup continues
	17.30 - 19.00	Barbeque
19.00 - 23.00	Free activites	
Sunday	8.00 - 8.45	Breakfast
	8.45 - 10.15	Training
	11.00 - 12.30	Cleaning up and good bye

If there is many participants we will divide into two training groups. There might be some changes to the program.

Getting to Kongsberg:

From Oslo, Gardermoen:

By train: Directly from Gardermoen to Kongsberg every hour. Cost NOK 250,-

By bus: From Gardermoen to Kongsberg, with a switch in Oslo. Cost NOK 280,-

Both the train and the bus stops at Kongsberg Knutepunkt, which is approx 15 minutes walk from the school.

From Torp:

Taxi from Torp cost approx NOK 2400, and have from 10-16 seats. You have to order a taxi, but if you let us know when you are here we will arrange this for you.