



Athens, 15/05/2023
Protocol. No: 1574/2023

PANHELLENIC MUAYTHAI FEDERATION (P.M.F.)

✓ SEMINARS
✓ TRAINING
✓ FIGHTS

30 MAY
to
4 JUNE

**MUAYTHAI
OPEN TRAINING CAMP**

Katounistra, Loutraki, P.C. 20300 www.sportcamp.gr

TRAINING CAMP 2023 – SPORTCAMP LOUTRAKI

PROCLAMATION

30 MAY – 4 JUNE 2023

TRAINING CAMP





SPORTCAMP LOUTRAKI

Dear Clubs,

We announce to you that **our Federation**, is organizing a **Training Camp**, during the period **30 May – 4 June**, at **Sportcamp, Loutraki**, which will include training sessions, seminars, **VS** bouts (A-B-C Class), at which Member Countries of the International Federation **IFMA** will also participate.

PROGRAM

29th May (Monday): Arrivals – Ability to use the Camp's facilities

30th May (Tuesday): Arrivals - Ability to use the Camp's facilities – Muay Boran Seminar

31th May (Wednesday): Competitive Muaythai Seminar – Sparring – Muay Talay (Competitive Pool Event)

1st June (Thursday): Training Session – Competitive Preparation - Sparring

2nd June (Friday) : Training Session – Competitive Preparation - Sparring

3rd June (Saturday): Training Session - Competitive Preparation – **VS** Bouts

4th June (Sunday): Training Session - Competitive Preparation – Sparring - Departures

5th June (Monday): Departures

Participation Fee:

The **fee per person** is calculated according to the following table – Includes VAT:

Room Type	5 Overnight Stays	4 Overnight Stays	3 Overnight Stays
Single Bed	345,00€	280,00€	235,00€
Double Bed	305,00€	248,00€	210,00€
Triple Bed	280,00€	228,00€	195,00€
4-6 Bed	270,00€	218,00€	185,00€

- Accommodation rooms with A/C, WC, including bed linen, according to the table above
- Full buffet - Breakfast, Lunch, Dinner, with the first meal being the Lunch on Arrival, and last being the Breakfast on Departure (incl. water)
- Entry and Use of the athletic facilities of SPORTCAMP
- Compliance of all accommodation, catering, and sport health protocols
- Participation to all of the federation's actions
- We do not guarantee availability if reservations are not made in time
- Transfer to and from the airport by P.M.F. has a 30€ fee



ACTIONS - SCHEDULE

Tuesday 30 May 2023

07:00 - 09:00	Breakfast
11:00 - 13:00	Workshop Muaythai
13:00 - 15:00	Lunch
15:00 - 20:00	Activities e.x (VS, Muay Talay, Archery, Swimming etc.)
20:00 - 22:00	Dinner

Wednesday 31 May 2023

07:00 - 09:00	Breakfast
09:30 - 11:30	Blood Donation
11:00 - 13:00	Muay Boran Seminar
13:00 - 15:00	Lunch
15:00 - 20:00	Activities e.x (VS, Muay Talay, Archery , Swimming etc.)
20:15 - 22:15	Dinner

Thursday 1 June 2023

07:00 - 09:00	Breakfast
09:30 - 14:00	First Aid - Defibrillator/CPR
13:00 - 15:00	Lunch
16:00 - 18:00	Wai Khru Seminar
18:00 - 20:00	Motivational Seminar
15:00 - 20:00	Activities e.x (VS, Muay Talay, Archery, Swimming etc.)
19:45 - 21:45	Dinner

Friday 2 June 2023

07:00 - 09:00	Breakfast
10:00 - 16:00	IFMA OSM Course
10:00 - 12:00	Rules & Regulations
10:00 - 14:00	Fun Activities
13:00 - 15:00	Lunch
16:00 - 20:00	Competitions
20:30 - 22:30	Dinner



PANHELLENIC MUAYTHAI FEDERATION (P.M.F.)



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A MEMBER OF/RECOGNISED BY



TRAINING CAMP 2023 – SPORTCAMP LOUTRAKI

Saturday 3 June 2023

07:00 - 09:00	Breakfast
10:00 - 16:00	IFMA OSM Course
10:00 - 12:00	Rules & Regulations
10:00 - 14:00	Fun Activities
13:00 - 15:00	Lunch
16:00 - 18:00	Competitions
18:30 - 21:30	Fight Night
20:30 - 22:30	Dinner

Sunday 4 June 2023

07:00 - 09:00	Breakfast
10:00 - 16:30	IFMA OSM Course
10:00 - 12:00	Rules & Regulations
10:00 - 12:00	Wai Khru Ceremony
13:00 - 15:00	Lunch
15:00 - 18:00	Competitions
18:00 - 21:00	Departures
19:00 - 21:00	Dinner

Loutraki Sportcamp Hyperlink: <https://www.sportcamp.gr/>

Be well prepared!

Sincerely

The President

Ioannis Papadopoulos

The General Secretary

Nikolaos Ketselidis



This edition (15/05/2023) supersedes all previous ones.

