



Invitation Winter camp 2024

Purpose: Pre-season camp for international level fighters, minimum 14 years old. Focused mainly on sparring and partner drills as well as physical preparation.

Dates: 1st-7th of January 2024

Location: Gävle, Sweden (approx. 170 km north of Stockholm)

Cost: Adults: 100 Euro
U-21: 70 euro (people born 2003 and younger)

Availability: There are 40 spots available at the camp.

Accommodation: 30 places available in the dojo for free, bring your own sleeping bag, pillow and mattress. Otherwise there are hotels in the area you may book on your own.

Schedule: The camp starts around lunchtime on the 1st of January and ends around lunchtime on the 7th of January. 3 training/day, 4th of January rest day.

Food: Not included in the prize, more info regarding options at a later date.

Travel: All travel costs will be covered by the participants themselves. Closest airport is Arlanda, ca 140 km south of Gävle. There are regular train and bus connections between Arlanda and Gävle. The organizers will be able to pick you up in Gävle.

Registration: Send an email to teamrosin1@gmail.com to get a link for further registration. If you have any other questions please send an email to the above mentioned email address

Best regards
Jonas Rosin
Team Rosin/IFK Sweden