



Invitation Summer 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: 26th of July - 4th of August

Location: Ockelbo, Sweden

Cost: 350 Euro (students: 250 euro)

Availability: There are 40 spots available at the camp.

Accommodation: Sleeping in a nearby school, please bring appropriate gear.

Schedule: The camp starts around lunchtime on the 26th of July and ends around lunchtime on the 4th of August. 3 training/day, rest days on 29th of July and 1st of August

Food: Included in the prize are 3 meals/day as well as snacks.

Travel: All travel costs will be covered by the participants themselves (this includes visas). The closest airport is Arlanda, 140 km south of Gävle. There are regular train and bus connections between Arlanda and Gävle. From Gävle to Ockelbo, there are trains and buses, depending on your arrival the organizers may be able to drive you to the venue.

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