



EGE UNDERWATER RUGBY SPORTS CLUB

www.egeuwr.com

egewatersports@gmail.com

INVITATION TO 1ST INTERNATIONAL EGE UNDERWATER RUGBY CAMP



It is my pleasure to invite you to the “1st Int. Ege UWR Camp”.

*You will meet with the best trainers and players in the World in this camp. **Felix Benedikt** from Germany, **Erika Lindström** from Sweden, **Mikkel Rasmussen** from Denmark, **Dr. Merter Nilüfer** from Germany, **Iver Bjornerem** from Norway, will be with us as trainers. They will share their precious experiences and knowledge with us*

*CMAS UWR board of commission member and Turkish Underwater Rugby Technical Commission Head **Prof. Dr. Levent CAVAS** will share his professional experiences with us.*

You can find the details of the camp program on the following pages. We will be delighted with your attendance and see you benefitting from the camp. We will enjoy it all together.

*Ege Underwater Rugby Sports Club
President*

Tarkan LALEL





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Place

Two different pools will be used for the Camp. These pools are in different sizes. One pool is 4mX8mX12m and the other one is 5mX10mX25m. Thus, we will show you different tactics and technics for different size pools.

Oba Aquapark Pool has a smaller playing area. <http://www.obahavuz.com>

Narlidere Olympic swimming pool has a bigger playing area.

<https://tr.foursquare.com/v/narl%C4%B1dere-y%C3%BCzme-havuzu/4e114ae71838f8ad815a98c5>

Both are fabulous outdoor pools in Izmir.

Mithatpasa Caddesi No:25

Oba Dinlenme Tesisleri GUZELBAHCE / IZMIR

<http://www.obahavuz.com/konum/>

Dates

1st Int. Ege UWR Camp will begin on 29 June 2015, Monday at 7:30 am and will end on 5 July 2015, Sunday around midday.

Participants

1st Int. Ege Uwr Camp is open to all teams in female and male categories. Individual players can also participate without belonging to a team.

All players must have a certification of health not older than one year. For countries where a health-check is not mandatory every player has to sign a liability waiver.

Registration Fee & Payment Deadline

Registration fee : 50 EUR each person (50€ is for UWR instruction and pool rental for training)

Since the amount of money transfer by banks is too high, we kindly request you to pay the registration fee as cash when you arrive to our camp in izmir.



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Camp Program

Monday-Tuesday-Wednesday-Thursday-Friday

7:30-8:00 Breakfast

8:00-8:30 Preparing for the land training and briefing of daily program

8:30-9:00 Streching-Joging-Runing-Warming up (We will run on the shore)

9:00-11:00 First training

11:00-11:30 Preparing for the meeting

11:30-12:30 Short meeting

12:30-13:30 Lunch Time

13:30-15:30 Free Time. We can swim in the sea and sun bath on the beach or enjoy the aquapark.(5 Euros daily pool entry fee will be paid to the pool management for the usage of the pool other than training time but the beach is free)

15:30-17:30 Long meeting

17:30-18:00 Preparing for second training

18:00-20:00 Second training

20:00-20:30 Preparing for dinner

20:30-21:00 Dinner Time

21:00-23:30 Free Time.

We will do some activities in the evening free time.

Registration

After filling all the blocks in the registration form please send it to contact person.

Registration deadline is 29 May 2015, Friday

Registration is only valid after payment of the entry fee. If you cancel your registration

Organizer may or may not refund the entry fee at his discretion.

The registration form has to be filled for each player separately.



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Exclusion of liability

Participation in the “1st Int. Ege UWR Camp” happens at one’s own risk and responsibility. Neither Ege UWR Club nor any other local organizers can be held liable for any personal or material damages.

Medical Care

Permanently present at the swimming pool. We will have a Doctor in camp during the day time and whole camp period.

How to arrive

One of EGE UWR player will meet you at the airport and escort to the camp complex. To use this service you must give us your flight details on your registration form.

Accommodation

Lodging is right next to the pool complex

<http://www.obacamping.com.tr>

Staying in a bugalow or a tent is your preference.

Bungalow price: **14€**per night.

If you want to stay in the tent, you have to bring your own tent and set it up. The fee for tent place is **10 €**per night. (Only two persons are allowed to stay in a tent. If you stay alone, price is 10€but if you shere it with another person, each pays 5€)

If you are not able to pay for your lodging you must write it on your registration fee and communicate with Tarkan Laleli before transferring your registration fees. Tarkan Laleli will try to have one of his UWR players to host you in his house.

The price for food is **20€**daily which includes three meals a day + 3 lt bottles of water + one apple + one banana is. This food package is not mandatory.



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Saturday Party Program

Saturday tour package 1

We will have a tour to the ancient city of Ephesus , Virgin Mary's House, Spend some time on the beach and have a boat trip in Kusadasi, on the way back, visit the old Greek city of Sirince to taste the famous Sirince wines and have a dinner party there.



House of Virgin Mary is located on the top of the "Bulbul" mountain 9 km ahead of Ephesus, the shrine of Virgin Mary enjoys a marvelous atmosphere hidden in the green. It is the place where Mary may have spent her last days. Indeed, she may have come in the area together with Saint John, who spent several years in the area to spread Christianity. Mary preferred this remote place rather than living in crowded place.

Saturday tour package 2

Cesme tour

The name Çe me ("Cheshme" derived from the Turkish word for Fountain) has always been a popular summer resort for the residents of nearby Izmir and over recent years the "secrets" of Çe me have been discovered by an ever growing number of European tourists.



The region is a combination of rich agricultural land enclosing unspoiled turquoise bays with beaches of fine white sand and (as its name suggests) natural hot water springs.



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Declaration of Acknowledgment

By registering for the tournament the team and its players accept the terms of this invitation.

Organizer and Contact person

Ege Underwater Rugby Sports Club is organizer

Contact: **Tarkan LALEL** Email: tarkan.laleli@gmail.com

Skype: **tachoo11** Phone/Whatsapp : **+90 536 561 48 96**



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Registration Form

PLAYERS NAME:				
COUNTRY:				
LADIES /MEN:				
AGE:				
ADDRESS:				
EMAIL:				
PHONE:				
CHOICE OF LODG NG (please put an X by your choice)	Bungalow			
	Tent			
	Your own arrangement			
Write the name of person you prefer to stay with. (if not provided you will be placed by the organizer according to your gender.)				
Please rate your UWR knowledge between 1 and 5				
How many years have you been practicing UWR				
What is your UWR position in game				
Are you a licenced player? If yes, ples write your official team's name				
Rate your English level between 1 and 5				
Rate your German level between 1 and 5				
Do you prefer to utilize male service?	Yes		No	
Do you prefer to be hosted by a local UWR, player (Only if you are financially not able to pay for lodging)	Yes		No	

DATE AND PLACE

PLAYER SIGNATURE