



## Joey Mantia Training Camp 7.-13. July 2015

Take advantage of this great opportunity to participate at a training camp with the legend of in-line speedskating, American skater JoeyMantia! Improve not only your technique, but also racing tactics, get to know how to behave and what to do before, during and after the race, what should and should not belong to your diet as a skater and more.

**Location:** In-line Park, U cementarny, Ostrava, Czech republic

**Price:**

4500 CZK (165 EUR) when paid until the end of January

5000 CZK (185 EUR) from February to 12th April (deadline)

*Price includes:*

7 days of training (2 times a day, approx. 2 hours) with 28 time in-line World Champion and 2014 Winter Olympic Games participant, Joey Mantia (all together approx. **25 hours of training**)

Signed poster for each participant.

Snack during the training days.

**First 10 signed participants will also get a t-shirt from Joey!**

**Accommodation:**

In cooperation with the Czech skating union, a discounted price accommodation for the participants will be provided in Ostrava. The catering can be provided as well, by order (the overall price will be based according the total number of persons)

**Contact:**

You can sign via [mantiacamp@seznam.cz](mailto:mantiacamp@seznam.cz)

Afterwards you'll get the informations and instructions for the payment.

The application has to include first and last name, date of birth, club, age category, and a potential interest in lodging/catering in Ostrava.

Please send the applications in excel file, if possible. For example:

| First name | Last name | Date of birth | Club            | Category | Lodging/Catering |
|------------|-----------|---------------|-----------------|----------|------------------|
| Josef      | Novak     | 19.08.1987    | Powerslide Team | Senior   | YES/YES          |



**Organizer:** Filip Adlt ([mantiacamp@seznam.cz](mailto:mantiacamp@seznam.cz), +420 776 374 309), in collaboration with Czech skating union & RTS Praha.

**Condition:**

*Participation of minimum 50 persons (max. 60) is required to make the camp possible!*

*(In case of not filling the training camp by the deadline, all your money will be sent back).*