



Serwus Burghausen e.V.
ICE Camps 2020
powered by **Stadt Burghausen**

Location: Burghausen / Bavaria / Wöhrsee iceswimarena + indoor pool

Date: **20.- 22.11.2020 / 18. - 20.12.2020**

Overall management: Stefan Hetzer

Program:

Friday

start at 2.00 pm training in the iceswimarena „Wöhrsee“
6.00 pm – 7.30 pm training in the indoor pool Burghausen
8.00 pm – 10.00 pm cosy get-together / Theory

Saturday

10.00 am – 12.00 pm training in the indoor pool Burghausen (technique / athletics) or
iceswimming „Wöhrsee“
3 pm – 5.30 pm training in the iceswimarena „Wöhrsee“
8 pm – 10.00 pm cosy get-together / talking about „ICE swimming“

Sunday

09 am – 12 pm training and test competition in the iceswimarena „Wöhrsee“
1 pm – 2 pm evaluation training camp

organization / rules / cost:

1. Serwus Burghausen e.V. is responsible for the protection and food supply (Tee / snack) at the training and competition time.
2. The participants organize their own accommodation / arrival and departure / meals, etc.
3. Cost: Non-members – non club member pays 150,00€ per weekend (entrance, support, care, safeguarding, competition is included)
4. Cost: Serwus members – club member pay 50,00€ per weekend
5. Test competition with hand timing and afterwards evaluation / protocol
6. For recovery its possible to warm up in the indoor pool; At the moment it's not possible to warm up in the Sauna, infrared sauna or Hot Tube by the lake.
7. Minimum age for participation is 16 years; each camp weekend is limited to 10 participation.
8. *Serwus Burghausen e.V. status and hygiene concept apply.*
9. Liability claims of any kind against the organizer are excluded.

Requests until 31.10.2020 to: swimm-tri.hetzer@t-online.de

Stefan Hetzer