

*1st International Tzanos karate
Summer Camp
3-8 August 2018
Kos island – Greece*



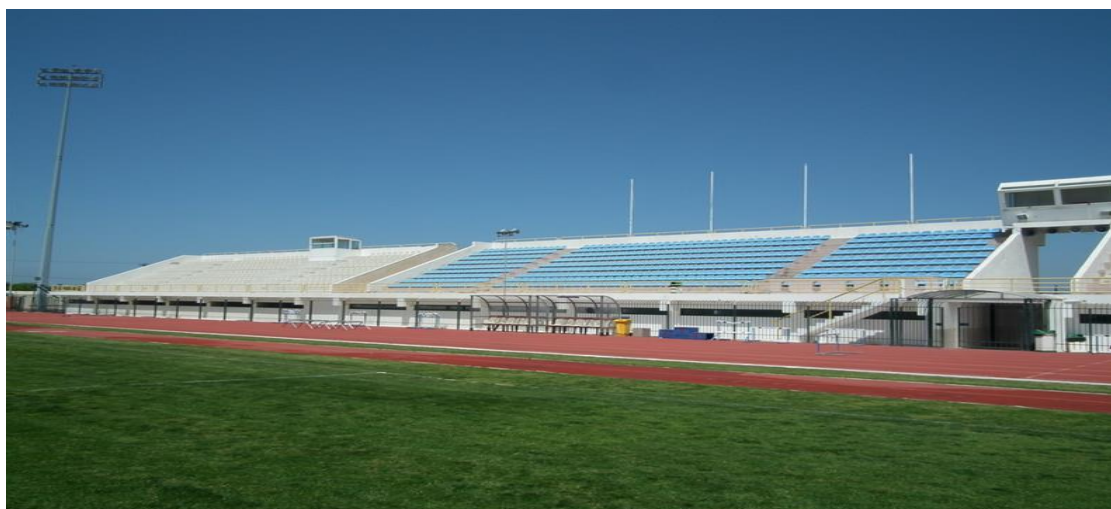
Dear karate friends from all over world .

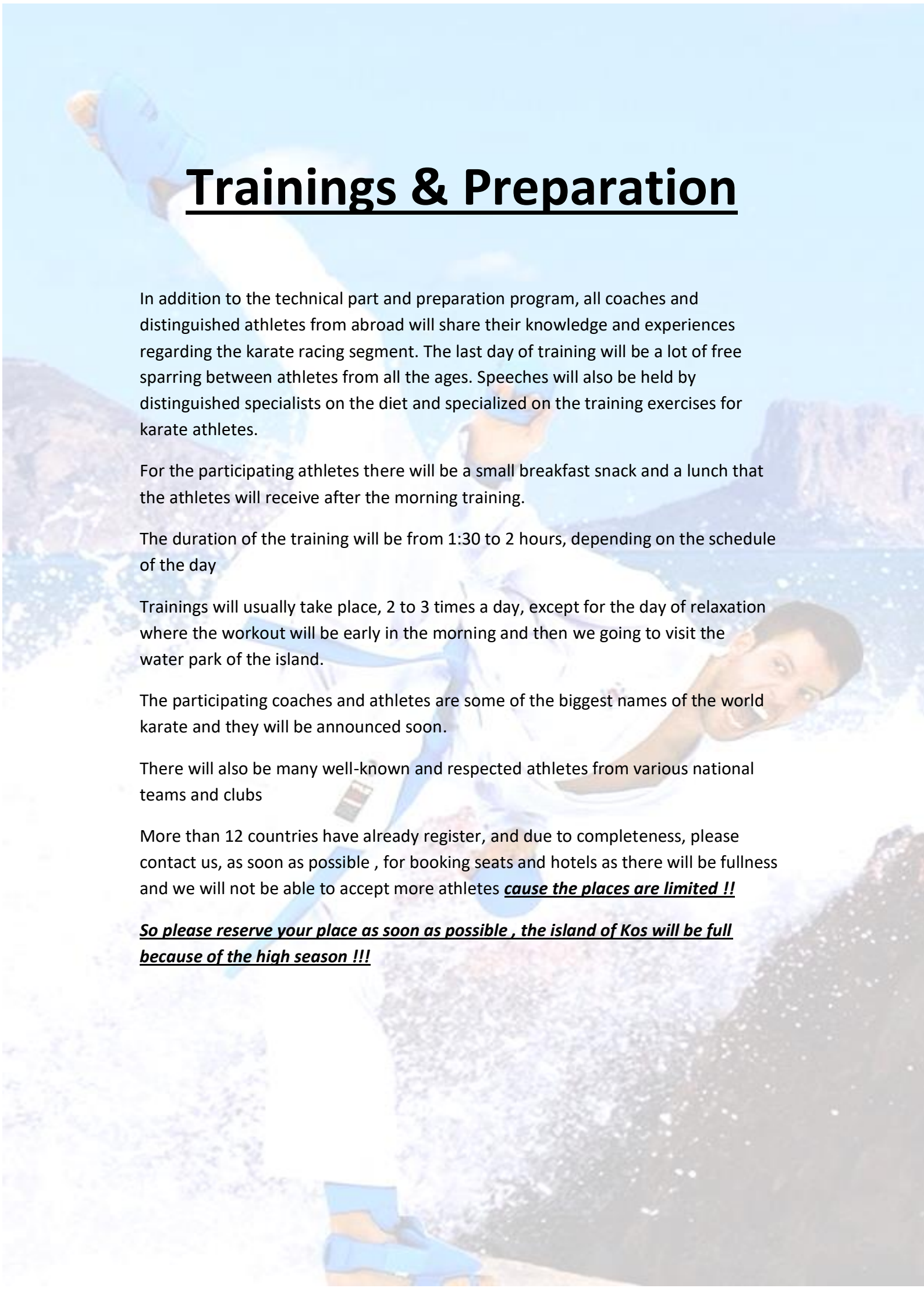
I am pleased to announce , that from 3rd until 8th of August 2018 , we will organise the 1st International Karate Summer Camp , that it will be held in one of the most beautiful islands of Greece and specifically on the island of Kos.

George Tzanos, in cooperation with coaches, top athletes and karate clubs from all around the world , will organize for the first time, a meeting point for athletes of the racing karate, regardless of age and level.

Our aim is to co-operate with all athletes and prepare them for the upcoming season as well as having fun together with a holiday, in one of the most beautiful islands of Greece.

The training sessions will take place in the "Antagoras" indoor stadium, in the morning and afternoon hours, as well as in the outdoor field of the track.





Trainings & Preparation

In addition to the technical part and preparation program, all coaches and distinguished athletes from abroad will share their knowledge and experiences regarding the karate racing segment. The last day of training will be a lot of free sparring between athletes from all the ages. Speeches will also be held by distinguished specialists on the diet and specialized on the training exercises for karate athletes.

For the participating athletes there will be a small breakfast snack and a lunch that the athletes will receive after the morning training.

The duration of the training will be from 1:30 to 2 hours, depending on the schedule of the day

Trainings will usually take place, 2 to 3 times a day, except for the day of relaxation where the workout will be early in the morning and then we going to visit the water park of the island.

The participating coaches and athletes are some of the biggest names of the world karate and they will be announced soon.

There will also be many well-known and respected athletes from various national teams and clubs

More than 12 countries have already register, and due to completeness, please contact us, as soon as possible , for booking seats and hotels as there will be fullness and we will not be able to accept more athletes **cause the places are limited !!**

So please reserve your place as soon as possible , the island of Kos will be full because of the high season !!!

Hotels & Accommodation

For reasons of convenience, we cooperate with hotels of the island, where you can call and book your room, with reduced prices and special prices only for athletes, parents and escorts of the karate summer training camp

Here are the hotels we collaborate with special prices

	Single Room 1 person	Double Room 2 persons	Triple Room 3 Persons	Family room 4 Persons	Breakfast	Extra Meal
Maritina Hotel	-	80 euro	95 euro	110 euro	Yes	12 euro
City Hotel	52 euro	65 euro	88 euro	-	No	7 euro
Hotel Alexandra	-	80 euro	110 euro	140	Yes	-
Eftihia Appartments kos	-	50 euro	60 euro	80 euro	No	-
Astron Hotel	-	80 euro	110 euro	-	Yes	-
Atlantis Hotel (Super Lux)	79 euro	114 euro	152 euro	190 euro	Yes	12 euro

Holidays & Relax

The fourth day of the training. after the end of the morning training will follow an excursion to the Lindo Water Park. There will be also tours of the island's historic sites as well as a small excursion to the small island of Pserimos . On the last day , a **big PARTY** will be organized, in one of the most beautiful clubs of the island.





The island of Kos

One of the most popular destinations in Greece, Kos island is located on the south eastern side of the Aegean Sea. This is a place with both tourist and secluded spots. As Kos receives many charter flights from abroad, many places around the island are getting really busy in high season. However, there are also places staying away from crowds and keeping their relaxing atmosphere. Beaches in Kos vary from organized coasts with luxurious hotels and water sports centers, to secluded, naturism-friendly beaches. Holidays in Kos can be combined with many other islands of Dodecanese, like Rhodes, Nisyros or Leros.

Hippocrates Island

The endless coasts with the turquoise waters, the vegetation, the affluent water springs, the ancient and medieval monuments, as well as the impressive Italian buildings feature Kos island; the third largest island of Dodecanese complex, located just 4 miles away from the Turkish coasts. The name «Kos» probably derives from the daughter of the mythical King Meropas, called Koos.

Kos is the birthplace of **Hippocrates** «the father of medicine» (460-377 B.C) and was already inhabited during Neolithic Period (5th - 4th millennium B.C). The Knights of St. John conquered the island during the 14th century, reinforcing the older castles and building new fortifications. During Ottoman occupation, the island was attacked by several intruders (Knights, Venetians etc), while during Italian occupation (1912-1945) some really important, monumental public buildings were constructed. The island was officially united with Greece in 1948. It extends over a surface of 290 km²; its coastline is 112 km and counts 31,000 inhabitants

MEALS , FOOD , LUNCH & DINNER

There will be small meals between the morning workouts as well as a regular meal after lunch training from the catering of the island where we will offer a portion of food to all of our athletes. We also collaborate with many restaurants of the island, which give special karate vouchers and they will offer great discounts on the price of food for athletes but also for their parents and their coaches.

HOW I WILL ARRIVE IN THE ISLAND OF KOS?

Apart from the island's coastlines, there is also Kos International Airport Hippocrates, where you can travel by airplane. Also if you can find a better price for airticket you can arrive in the airport of Rhodes, which also cooperates with the low cost company Ryan air, from where you can visit the island of Kos with the coast lines. The duration of Rhodes – Kos by the coast lines , is 2 hours and 15-30 minutes.



Coast Lines Low Fares, and Low Prices !!!

Any participant or parent ,who wish to travel by ferry coast line from Athens (Piraeus) to Kos or from Rhodes to Kos, by informing us soon, we offer for every person a 40% discount of the original price of the ticket with the cooperation of Blue Star Ferries !!!



CONTACT US , TO REGISTER YOUR NAME

The training camp is expected to be **full attended** by athletes and clubs from different countries. Countries such as : *Sweden, Romania, Cyprus, Russia, Ukraine, Serbia, Bosnia, USA, Australia, Belgium, France, Italy, Spain*, etc. have already register themselves.

For this reason, please register your membership shortly , **as places are already limited and hotels will be fully booked due to the summer season. !!! Hurry up !!**

For more information , please contact us :

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Viber or Whats up : +306934305464

Or in George Tzanos official accounts on Facebook or Instagram.

We are very grateful to Hotels, Sponsors , Blue Star Ferries, and the municipality of Kos & Rhodes for help and cooperation.

We are waiting for you !!!

With Regards

G.Tzanos