

PIKKU·SYÖTE



National Kultainen kampi- and Pohjois-Pohjanmaan hiihto ry's Hopeasompa camp 2.-7.8.2015

National Kultainen kampi- and Pohjois-Pohjanmaan hiihto ry's Hopeasompa camp for youth will be arranged in Pikku-Syöte 2.-7. August. This camp brings together the best training knowledge and benefits of skiing and cycling. This camp will be fun and versatile and it includes interesting lectures held by specialists.

Accommodation and dining is in Hotel Pikku-Syöte. Pikku-Syöte is a Youth center approved by Ministry of Education and Culture and it is also a social enterprise. All profit will be used to benefit the youth work.



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Sunday 2.8.

- 16.00 the camp begins,
check-in and info
- 17.00-19.00 training run by cyclists
- 19.00-20.00 short feedback and
evening meal
- 20.00-21.30 sauna

Monday 3.8.

- 7.00-8.30 breakfast
- 9.00-11.00 training run by skiers
- 11.30-12.30 lunch
- 14.00-16.00 training run by skiers
- 16.30-18.00 dinner
- 18.00-20.00 frisbeegolf

Tiistai 4.8.

- 7.00-8.30 breakfast
- 9.00-11.00 sport –specific training
- 11.30-12.30 lunch
- 13.00-16.00 keys to success
- 16.30-18.30 sport –specific training
- 19.00-20.00 dinner and sauna

Wednesday 5.8.

- 7.00-8.30 breakfast
- 9.00-12.00 training run by cyclists
- 12.30-13.30 lunch
- 14.00-15.00 lecture by
Oulun Triathlon &
Cycling
- 15.30-17.30 training run by cyclists
- 18.00-20.00 dinner and sauna

Thursday 6.8.

- 7.00-8.30 breakfast
- 9.00-12.00 sport –specific training
- 12.30-13.30 lunch
- 14.00-16.00 sport –specific training
- 17.00-19.00 dinner and sauna
- 20.00-22.30 Disco / karaoke

Friday 7.8.

- 7.00-9.00 breakfast
- 10.00-15.00 sport –specific training
- 12.00 lunch and checking out



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Prices

- **239 € / youth**
Includes accommodation in 2-4 person rooms with full board and camp program.
- **200 € / adults**
Includes accommodation in Standard -rooms with breakfast.
(full board extra 35 €/day, Superior -room extra 10 €/day and 1 person room extra 15 €/day)

Pohjois-Pohjanmaan Hiihto ry



Menestyksen Avaimet
Keys to Success

