

INTERNATIONAL TRAINING CAMPS IN FINLAND
4-9 of August 2010 and
16-19 of August 2010

Pajulahti Sport Center offers a preparation training conditions before World Military Championships 4.-9.2010.

**After the World Military Championships Pajulahti Sport Center will organise International training camp 16.-19.8.2010.
(Finnish Greco-Roman National Team preparation to World Champion Chips)**

Pajulahti is located about 100 km north from Helsinki and 20km from Lahti.
There are excellent training facilities for wrestling, strength training and all kind of sports.
Pajulahti Sport Center is one of the Fila's official Training Centers.



Entry fee:

The price is 55€/person per day. The price will include accommodation, meals, training, training facilities and sauna.

Transportation:

If you need transportation, remember to mention about it when sending the registration.

Invited nations:

Nations which are invited to World Military Championships

Information and registration:

juha.lappalainen@pajulahti.com or
semi.nuorala@pajulahti.com

By 15 July

More information about Sport Center Pajulahti:

www.pajulahti.com

WELCOME TO PAJULAHTI!

Pajulahti 
Focus in training