

Organizer:

Sports development academy "Aktiv – Os"
Andrija Hebrang st. 25, 31 000 Osijek
091 611 2266
rsa.aktivos@gmail.com
MB: 4587324
OIB: 47845100089
HR3223400091110811352

Children's Sports Camp "Papuk Aktiv"

As part of the sports event Papuk Extreme Challenge, Osijek association Aktiv-Os organizes camping in tents for children aged 10 to 18, as well as a series of sports workshops and activities with the emphasis on mastering and learning new skills.

The base camp and tents will be located on a fenced grassy clearing in the Papuk Nature Park just 10 meters from Orahovačko Lake and only a few meters from the finish line of all the festival races.

We invite all sports clubs across Croatia to use 50% discounted Croatian railways tickets!

Children's Sports Camp "Papuk Aktiv"

Camp goal:

- To gather children from all over Croatia and from neighboring countries, and mostly from all over Slavonia and Baranja to one sports camp
- Providing quality conditions for sports preparation and competition
- Connecting trainers and kids from the same, as well as different cities, sports, and states
- Positive impact on overall health status and on the development of motor and functional abilities
- Socialization of children
- Positive impact on the child's psychological well-being
- Fulfilling the child's need for game and creating a child's habit and a positive attitude to everyday physical exercise at the earliest age
- Learning the importance of teamwork
- Development and maintenance of work discipline
- Sportsmanship (Fairplay)
- Development of extent and duration of attention
- Learning about the importance of maintaining personal hygiene
- Cleanliness, independence
- Development of ecological consciousness
- Enjoying all the benefits of outdoor living in Papuk Nature Park

intended for:

- For groups that come with trainers (min age 10 years)
- For children between the ages of 12 and 18 without a trainer, organized professional leaders - trainers

- Limited number of participants

We have provided:

- place for tents in enclosed camp, firewood, 24 hours supervision, first aid, toilet, water, managers, school hall (in case of bad weather)

- Meals: Friday (lunch, dinner + water and juice), Saturday (breakfast, lunch, dinner + juice and water), Sunday (breakfast, lunch)

Each meal is a choice between five different types of cooked or roasted meals in unlimited quantities

-Discount 50% on train tickets from all over Croatia

-Discount to purchase equipment at Dechatlon (more details soon)

It is necessary to bring:

- Tent (for 1,2,3,4 persons), sleeping bag, flashlight and headlamp, 1 bag for clothes and footwear, suitable clothing and footwear (rain jacket, 4x long sweatpants, jeans, 3x shorts, 2x thick longsleeved shirts, 3x t-shirts, 4x socks, 4x underwear, hiking shoes), half of the clothes packed in bags (in case of rain)

- 1 backpack for equipment,

- sportswear and footwear (for competitions, running shoes, swimwear, swimming glasses),

- plastic water bottle (0.7 / 1.5 l),

- all for personal hygiene (toothpaste, toothbrush, soap, shampoo, deodorant),

- money for food

Organized Workshops and Events:

- Hiking trail with educational trails to Ružica Grad, Stari Grad

-Sports activities and group games (beach volleyball, training grounds, running with obstacles, football, picigin)

-General coordination exercises, balance and proprioception exercises

-Running school,

-Swimming,

- Self-weight exercises for strength development,

-Implementation of breathing and stretching exercises in sports,

-Learning proper movement and exercises in sports activities and daily activities

- Help with setting up a tent, adaptability in nature

-Outdoor cinema

- Short and interesting practical training on ecology, nutrition, exercise, games, water safety (learn the water safety codex, the Red Cross program)

-Following and familiarising with competitive races

- All participants of the Sports Camp for Children have the right to perform on the Viking warrior race (friday), trekking race (saturday), swim contest (sunday)

Price:

- 2 nights from 01.06. - 03.06. (friday-saturday-sunday) 200 kn (on behalf of the association) + 220 kn (meals, money)

- 1 night from 02.06. - 03.06. (saturday-sunday) 150 kn (on behalf of the association) + 170 kn (meals, money)

All participants of the Sports Camp for Children have the right to perform on the Viking warrior race (friday), trekking race (saturday), swim contest (sunday)

Account of the association: HR3223400091110811352

More information about the Children's Sports Camp "Papuk Aktiv" by mail:
rsa.aktivos@gmail.com, facebook page of the association: @aktivosijek

Leader:

Mladen Maričić
Swimming Coach, Swimming Club Osijek-Žito
Struč.spec. kinesitherapy
Bacc. Physioth.

Boris Maričić
Magister of Kinesiology