



# METEORA WRESTLING ACADEMY

## TOURNAMENT

2– 3 July 2022

MODEL CAMP

4 – 8 July 2022

Organized by:

- Palestra Athletic Training Centre (ΚΕΑΠ)
- Trikala Wrestling Sports Club (ΑΠΣ Τρίκαλα)



APS TRIKALA & ATHLETIC TRAINING CENTRE PALESTRA

Municipal Stadium of Trikala - 42100 Trikala, tel.: 00306932212151, email: ntsiakar@pe.uth.gr

Under the auspices of:

- The Greek Wrestling Federation (ΕΛΟΠ)



Supported by:

- the Region of Thessaly – Regional Unit of Trikala

ΕΛΛΗΝΙΚΗ ΟΜΟΣΠΟΝΔΙΑ  
ΠΑΛΗΣ

- the Municipality of Trikala



- the Training and Physical Conditioning Lab, Department of Physical Education, DPESS, University of Thessaly



Information:

Nikos Tsiakaras, tel. [00306932212151](tel:00306932212151)

Ioannis Tzikas, tel. [00306976326991](tel:00306976326991)

Athanasios Krikoni, tel. [00306979441608](tel:00306979441608)

Christos Katsaros, tel. [00306972012424](tel:00306972012424)

Achilles Leras, τηλ. [00306977649170](tel:00306977649170)

Website: [www.meteorawrestlingacademy.gr](http://www.meteorawrestlingacademy.gr)

 [MeteoraWrestlingAcademy](https://www.facebook.com/MeteoraWrestlingAcademy)

 [meteorawrestlingacademy](https://www.instagram.com/meteorawrestlingacademy)

e-mail: [info@meteorawrestlingacademy.gr](mailto:info@meteorawrestlingacademy.gr)

## METEORA WRESTLING ACADEMY

# A. TOURNAMENT

### Proclamation of sports competition

#### 4<sup>th</sup> Tournament 2 – 3 July 2022

**METEORA WRESTLING ACADEMY-** the 4<sup>th</sup> International Wrestling Tournament is held in the Municipal Indoor Gym of Trikala on 02 – 03 July 2022 participating athletes of Greek-Roman and free-style wrestling, **U17** (2005- 2006), **U15** (2007-2008 - 2009), **U13**(2010-2011) και **U11** (2012-2013), also national wrestling teams and clubs from all over the world plus **VETERANS**, **K1**: 51- 55 &**K2**: 55 – 60.

The aim of the tournament is to promote the sport through such activities that will bring young athletes closer to wrestling in order to achieve both their long-term occupation and their social inclusion.

#### SCHEDULE OF COMPETITION

#### METEORA WRESTLING ACADEMY – 4<sup>th</sup> International Wrestling Tournament 02 – 03 July 2022

#### **Thursday, 30<sup>th</sup> June 2022 - GRECO-ROMAN wrestling matches**

**18:00 - 19:00** Draw and matching of Greco-Roman, Freestyle and Veteran masters

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#### **Saturday, 2<sup>nd</sup> July 2022 - GRECO-ROMAN wrestling matches**

**10:00 – 11:00** Credentials of Greco-Roman wrestling

**11:00 - 11:30** Medical tests; weighing the athletes of Greco-Roman wrestling

**13:00 - 16:30** Preliminary rounds

**16:30 - 17:30** Break

**17:30 - 19:00** Semi-finals

**19:00 – 19:15** Opening ceremony

**19:15 - 20:00** Finals

**20:15** Awarding ceremony

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### Sunday, 3<sup>rd</sup> July 2022 – Veteran masters and Freestyle wrestling matches

- 8:00- 8:30** Medical tests; weighing the athletes of Veteran masters  
**9:30- 11:30** Preliminary rounds  
**11:30- 12:00** Semi -finals  
**12:00- 12:30** Finals  
**12:30- 13:00** Awarding ceremony
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- 10:00- 11:00** Credentials of Freestyle wrestling athletes  
**11:00- 11:30** Medical tests; weighing the athletes of Freestyle wrestling  
**13:00- 16:30** Preliminary rounds  
**16:30- 17:30** break  
**17:30- 19:00** Semi -finals  
**19:00- 20:00** Finals  
**20:00 – 21:00** Awarding ceremony
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**End of tournament – Departure of groups.**



## Regulations

Please, read carefully the terms and regulations of the tournament!!!!

- Any possible **weigh aberration** won't be acceptable!
- Wrestling **style, duration** of matches, **weight** classes **and age** categories of the athletes allowed to participate in the tournament:

### GRECO-ROMAN

- U17** (2005- 2006) - 

55	60	65	71	80	92	110
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 Duration of matches: 2 X 2 min
- U15** (2007-2008 - 2009) - 

48	52	57	62	68	75	85
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 Duration of matches 2 X 2 min
- U13** (2010-2011) - 

43	48	54	60	67	75	85
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 Duration of matches: 2 X 1,5min
- U11** (2012-2013) - 

34	38	43	48	54	60	67	75	85
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 Duration of matches: 2 X 1min
- VETERANS , K1** (51- 55)&**K2** (55 – 60) - 

63	72	82	87	97
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 Duration of matches: 2 X 2 min

### FREESTYLE

- U17** (2005- 2006) - 

55	60	65	71	80	92	110
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 Duration of matches: 2 X 2 min
- U15** (2007-2008 - 2009) - 

48	52	57	62	68	75	85
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 Duration of matches: 2 X 2 min
- U13** (2010-2011) - 

43	48	54	60	67	75	85
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 Duration of matches : 2 X 1,5min
- U11** (2012-2013) - 

34	38	43	48	54	60	67	75	85
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 Duration of matches: 2 X 1min

### FREESTYLE – GIRLS

- U17** (2005- 2006) - 

53	57	61	65	69	73
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 Duration of matches: 2 X 2 min
- U15** (2007-2008 - 2009) - 

46	50	54	58	62	66
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 Duration of matches: 2 X 2 min
- U13** (2010-2011) - 

46	50	54	58	62	66
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 Duration of matches: 2 X 1,5min

3. **Regulation system of matches:** The general Worldwide Federation – UWW regulations will be applied.

4. **Along with the medical tests and the weighing, every athlete should present:**

- THE WRESTLING FEDERATION CARD
- ID OR PASSPORT OR OTHER PERSONAL IDENTIFICATION DOCUMENT (E.G. BIRTH CERTIFICATE)
- PARENTAL OR GUARDIAN CONSENT FORM (available to be downloaded from [www.meteorawrestlingacademy.gr](http://www.meteorawrestlingacademy.gr), and filled in and signed at their own risk)
- ATHLETE HEALTH CARD

5. **Prizes:** First, second and third place will be awarded with diploma and medal. Moreover, fifth to eighth place will be awarded with diplomas.  
Diplomas, medals and a cup will be awarded to the three first groups.  
Diplomas will be given to groups coming fourth to eighth.
6. The total of **ranking** will be the sum of the points that each group will get in every weight class.  
The first gets 8 points while the eighth gets one point.  
There will be group ranking in Greco-Roman, Freestyle and Freestyle girls.
7. **Accommodation** (optional)  
Participants will stay at selected hotels in the city of Trikala (breakfast included).
8. **Food** (optional)  
All delegates will have lunch and dinner at selected restaurants in the city of Trikala.

**Booking only through the PARTICIPATION FORM. Please, proceed to early booking due to restricted availability. Priority will be given to early claiming.**

In case of special dietary preferences, it should be mentioned in application.

#### 1. Participation forms - Entries

- Available only **online:** [www.meteorawrestlingacademy.com](http://www.meteorawrestlingacademy.com)
- **Deadline: 19<sup>th</sup> June 2022**

#### 2. Participation Fee in the Tournament

The participation fee in the tournament is **30 euros per athlete** as long as a deposit is made till **19<sup>th</sup> June 2022** in the following bank account: NATIONAL BANK OF GREECE **IBAN: GR84 0110 4770 0000 4770 0349 914** (Holder of the account: ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΗΣ ΑΘΛΗΤΩΝ ΠΑΛΑΙΣΤΡΑ – PALESTRA ATHLETES TRAINING CENTRE) under the reasoning: METEORA TOURNAMENT along with the name of the athlete in case the deposit is made through their respective Clubs.

- Participation Fee of **40 euros per athlete** if the amount will be collected during the weighing procedure (2<sup>nd</sup> July 2022)
- **Accommodation and food total cost: 40 euros per athlete/day (optional)**

#### 3. Under the framework of international refereeing, every foreign group with more than seven athletes is entitled to include a referee of their nationality in their delegation. Accommodation fee and food are fully covered by the organization holding the event.

#### 4. METEORA WRESTLING ACADEMY bears no responsibility related to any kind of object loss or accident concerning the participating athletes. Coaches and escorts will be responsible for all under-aged athletes.

#### 5. LIABILITY INSURANCE

Each participant, having filled the application, takes full responsibility for the case of loss of personal objects, any damage caused or any injuries that can happen during the camp and does not claim anything from the organizers or their partners.

6. Each participant, having filled the application, also declares that allows that his child to be photographed during the event, as well as the publication of the photographs in which he/she appears, in the media and posting on the official websites of the organizers with republication on the social networks, without prejudice to any other personal data of the minor, information such as the name, address of the home, telephone (fixed or mobile), his / her interests, opinions, etc. in accordance with the Greek legislation (Law 2472/1997 and 3471/2006) and as defined by the Data Protection Authority.

**Attention – Important!!** The number of the participants will be restricted (250 **athletes** per style – excluding the organizing sport club) and order of priority will be given to early claiming. *Places are limited and will be allocated on a first come first served basis.*

### Important dates

**Sunday 19<sup>th</sup> June 2022:** Deadline for the submission of the participation forms

**Thursday 30<sup>th</sup> June 2022:** Draw and matching of Greco-Roman, Freestyle and Veteran masters

**Saturday 2<sup>nd</sup> July 2022:** Credentials –weighing the athletes of **Greco-Roman wrestling**

**Saturday 2<sup>nd</sup> July 2022:** Opening ceremony of **METEORA WRESTLING ACADEMY – 4<sup>th</sup> Greco-Roman Wrestling Tournament**

**Sunday 3<sup>rd</sup> July 2022:** Credentials; weighing the **Veterans** and the athletes of **Freestyle wrestling**

**Sunday 3<sup>rd</sup> July 2022:** – **4<sup>th</sup> Freestyle Wrestling Tournament**

**Venue of tournament:** Trikala – Greece - Municipal Indoor Stadium of Trikala (Katsimideio).

*Submitting this participation form, the athlete declares through the person accompanying them that they accept and comply with the terms of the notice of invitation.*

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On behalf of the organizing committee of  
**METEORA WRESTLING ACADEMY 6<sup>th</sup> Tournament**  
Nikos Tsiakaras – Ioannis Tzikas

# METEORA WRESTLING ACADEMY

## B. INTERNATIONAL MODEL CAMP

### NOTICE OF INVITATION

**4<sup>th</sup> International Model Camp 04 – 08 July 2022**

**METEORA WRESTLING ACADEMY 4<sup>th</sup> International Model Camp 2022 is held in the Municipal Indoor Gym of Trikala on 04 – 08 July 2022.**

The aim of the camp is to train the participating athletes of Greco-Roman and Free-style Wrestling, aged 9 – 17 years old (i.e. born in 2005 – 2013) and the simultaneous education of the athletes on cultural and health issues.

### PROGRAM

#### 1. GENERAL DAILY SCHEDULE

- Breakfast in the hotel
- Morning training
- Lunch
- Relaxation time
- Afternoon training
- Dinner
- Relaxation

**Note:** Detailed schedule with the exact times and dates will be sent individually after the end of application forms and its finalization.

#### 2. EXTRA EVENTS

- **Touring** in the Municipal of Meteora (city of Kalampaka, Meteora Monasteries) and in the Municipal of Trikala (city of Trikala, Citadel – Fortress, Asclepion of ancient Trikki, Tsitani Museum – the old prison, Varoussi - the old town).

- **Outdoors training** in a natural environment (Meteora)
- **Fairwell music night**

### 3. TRAINING SCHEDULE (M= morning training, A= afternoon training)

MONDAY 4/7/2022	1 <sup>n</sup> training group M: technical and tactics - upright position	2 <sup>n</sup> training group A: technical and tactics – low position
TUESDAY 5/7/2022	3 <sup>n</sup> training group M: interval method – special physical preparation	4 <sup>n</sup> training group A: technical and tactics – upright and low position
WEDNESDAY 6/7/2022	5 <sup>n</sup> training group M: technical and tactics - upright position	6 <sup>n</sup> training group A: technical and tactics – upright and low position
THURSDAY 7/7/2022	7 <sup>n</sup> training group M: technical and tactics – upright and low position	8 <sup>n</sup> training group A: interval method – special physical preparation
FRIDAY 8/7/2022	9 <sup>n</sup> Physical conditioning and Wrestling on Meteora rocks	<b>Departure</b>

#### 4. TRAINING

Daily training program held with the best coaches – trainers from all over the world in the indoor municipal gym of Trikala. The trainings include general improvement of the athletes' technique and tactics, their physical condition, their sports racing attitude and so on.

Group formation of athletes according to wrestling style, ages etc.

#### 5. CATEGORIES – AGES

The participants' categories according to their age are the following:

- **U17** (2005- 2006) Greco-Roman and freestyle wrestling (boys and girls)
- **U15** (2007-2008 - 2009) Greco-Roman and freestyle wrestling (boys and girls)
- **U13** (2010-2011) Greco-Roman and freestyle wrestling (boys and girls)
- **U11** (2012-2013) Greco-Roman and freestyle wrestling (boys and girls)

Notice: the age category is defined according to the date of birth mentioned on official document provided: ID card, birth certificate, passport or athletic property bulletin number.

#### 6. SCIENTIFIC EVALUATION AND GUIDANCE AIMING AT IMPROVING THE ATHLETES' PERFORMANCE

During «**METEORA WRESTLING ACADEMY – International Model Camp 2022**», experienced scientists from the Laboratory of Training of the Centre of Research and Evaluation of Human Performance (Department of Physical education and Sport Science, University of Thessaly) with scientific expertise Dr. Vasilis Gerodimos, professor of Training & Physical Conditioning in the Department of Physical Education and Sport Science at the University of Thessaly, Greece, will realize ergometric evaluation in all participants.



## 7. PRACTICAL APPLICATION OF THE INTERNATIONAL WRESTLING RULES

Along with the event, sessions by acclaimed and world-renowned referees for wrestling competitions will be held practically applying the international wrestling rules. The athletes will have the chance to apply these techniques under the guidance of experienced referees.

### 8. Accommodation (optional)

The participants will be accommodated in selected Hotels in the city of Trikala (breakfast included).

### 9. Food (optional)

All delegates will have lunch and dinner in selected restaurants in Trikala.

## 10. ACCOMMODATION – FOOD

**Booking through APPLICATIONS OF PARTICIPATION in the CAMP. Please, proceed to early booking due to restricted availability. Rooms will be booked according to dates of application.**

If there is any special dietary preference, it should be mentioned in the application.

## 11. TRANSPORTATION

Commuting from the hotel to the training field and back, plus touring, will be done with the buses of the camp (cost included in the participation fee)

## 12. SPECIAL TERMS

- **Entitled to participate** are the athletes that own an athletic property bulletin and are members of an accredited sports club.
- **Outfit:** the athletes' outfit during training is the usual uniform (tracksuit, wrestling shoes and suit, towel etc) and in all cases, hygiene rules should be followed.

## 13. APPLICATION FORMS

- Only **electronically** in : [www.meteorawrestlingacademy.com](http://www.meteorawrestlingacademy.com)
- **Deadline** for application forms: **19<sup>th</sup> June 2022**

## 14. DOCUMENTS ATTACHED

Along with the application, the following documents should be attached and sent to METEORA WRESTLING ACADEMY –International Model Camp 2022: [info@meteorawrestlingacademy.gr](mailto:info@meteorawrestlingacademy.gr)

- ATHLETIC PROPERTY BULLETIN** of the participant and their ID or passport or any other official document with their personal identification information (e.g. birth certificate).
- PARENTAL (OR GUARDIAN) CONSENT FORM** - The relevant document is available to be downloaded in [www.meteorawrestlingacademy.gr](http://www.meteorawrestlingacademy.gr) . The document must be filled and signed by the athletes' parent or guardian and attached to the application.
- RECEIPT OF PARTICIPATION FEE DEPOSIT**

## 15. INSURANCE COVER FOR ATHLETES

Every participant in METEORA WRESTLING ACADEMY Model camp 2022 will be insured in case of accident or injury in an insurance company.

## 16. INJURY – LIABILITY INSURANCE

Each participant, having filled the application, takes full responsibility for the case of loss of personal objects, any damage caused or any injuries that may happen during the camp and does not claim anything from the organizers or their partners.

17. Each participant, having filled the application, also declares that allows that his child to be photographed during the event, as well as the publication of the photographs in which he/she appears, in the media and posting on the official websites of the organizers with republication on the social networks, without prejudice to any other personal data of the minor, information such as the name, address of the home, telephone (fixed or mobile), his / her interests, opinions, etc. in accordance with the Greek legislation (Law 2472/1997 and 3471/2006) and as defined by the Data Protection Authority.

## 18. CHANGE OF THE PARTICIPATION TERMS

The organizing committee preserves every right to unconditionally change the terms and presuppositions of the event to the benefit of it as long as the organizers beforehand inform every participant. The right to have the event postponed or cancelled is also valid under the condition that all participation fees will be fully refunded. No refunds are liable in any other case.

## 19. PARTICIPATION FEE IN METEORA WRESTLING ACADEMY – International Model Camp 2022

- a. **TOTAL PARTICIPATION FEE FOR THE CAMP: 200 € /person (5 nights -all inclusive).**
- b. There is the possibility of participating only in the training sessions **without any extra services and facilities offered (accommodation/food)** under the cost of **60 euros per person.**

The applicants should make a deposit till **19<sup>st</sup> June 2022** in the following account: National bank of Greece IBAN: **GR 84 0110 4770 0000 4770 0349 914**. Holder of the account : KENTPO EKΠΑΙΔΕΥΣΗΣ ΑΘΛΗΤΩΝ ΠΑΛΑΙΣΤΡΑ (PALESTRA ATHLETES TRAINING CENTRE). Reasoning of deposit: METEORA MODEL CAMP and the name of the athlete if the deposit is overall done under the name of the sports club.

## 20. The participation fee also includes:

- Participation in training sessions
- Ergometric test and evaluation
- One session on First Aid – ΚΑΡΠΑ (cardiopulmonary resuscitation)
- Transportation – guidance according to the schedule
- Training in a natural environment (METEORA)
- Souvenirs of METEORA WRESTLING ACADEMY Model camp 2022

*Submitting this participation form, the athlete declares through the person accompanying them that they accept and comply with the terms of the notice of invitation.*



On behalf of the organizing committee of  
**METEORA WRESTLING ACADEMY Model Camp**

Nikos Tsiakaras – Ioannis Tzikas

## Appendix

### **Special offers for participation both in the tournament and the camp!!!**

Including:

- a. The Tournament participation fee
- b. The camp participation fee
- c. 7 days accommodation (all inclusive)

**APPLICATIONS + DEPOSIT Till 19<sup>th</sup> JUNE 2022: TOTAL COST: 250€**

