



Pre-OLYMPIC Camp

*Bergen Diving Club
takes great pleasure in inviting you to:*

Prepare in Peace

- ✓ 90 Minutes to Paris – Direct
- ✓ Exclusive Team Time Slots
- ✓ Private Access
- ✓ Adjust to Time Change
- ✓ Minutes Airport-Pool
- ✓ Hotel Adjacent to Pool-Walk to City
- ✓ Full Training Gym/Dryland
- ✓ Reasonable Fees – Excellent Meals

(reserve early)

Bergen, Norway

RESERVE FEDERATION OR TEAM ATHLETES NOW!

Early Bird 10% Discount

Club Groups of 10+ Additional 5% Discount

pj.bloch.thorsen@gmail.com

DIVE BERGEN TRAINING CAMP



INVITATION

DIVERS: Access to full Diving Well facilities, Dryland adjacent to pool, in a focused and relaxed environment in our state-of-art indoor pool, across the street from lodging (included in full board price) and a five-minute walk into the city. Bergen provides an easy, full-access solution to training.

*Less expensive accommodations are available, and we can direct you if not choosing full-board option.

Arrival: Pick-up and Drop-off included in Full Board Option. (to/from Hotel).

Departure: Participants will be transported to airport for departure onward.

Place:

AdO Arena, Lungegårdskaien 40, 5015 BERGEN

CAMP will consist of:

1. FULL POOL ACCESS AND TRAINING EQUIPMENT (as arranged)
2. FULL BREAKFAST AND LUNCH AT HOTEL (No Dinner Included in Program)
3. TRANSPORT TO/FROM AIRPORT
4. EXCURSIONS AS ARRANGED
5. SPECIAL DINNER FOR ALL ATHLETES/COACHES evening of arrival.
6. Tour of City of Bergen

Technical Coach Meeting:

There will be a technical meeting at Hotel on Arrival Day, Pool Wristbands, Q&A

Questions or additional information: (text preferred)

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<http://www.sporton.shop>



DIVE BERGEN TRAINING CAMP



CAMP COST

FULL BOARD* Best Savings 2-11 Per Day Per Day Rate 12+
 Per Person, Per Night NOK 2900 NOK 2300
 *Dinners Not Included

POOL ACCESS & BREAKFAST/LUNCH ONLY
No Hotel - Events - Transfers - Excursions

Per Day
NOK 1350

Early Bird 90 Days Prior (-10%)
 Full Board Option Includes Transport from Airport

Registration
 Please Apply (below) When possible and pay 1000 NOK Registration
 No Later than: 15FEB for Early Bird Discount
 Advise to book early for best training options
 Upon Registration you will receive Email Balance Due
 Invoice/Instructions and be asked for desired work-out windows and
 special requests.

HOW TRAINING BERGEN HELPS DIVER

A tranquil and focused setting, in a lovely place. State of the Art facility,
 Convenience and Quality, Ingredients that will not soon be forgotten.
 International Spirit of Diving is at the heart of the Bergen Experience. Walking,
 Talking, Diving and Experiencing International Diving Culture will impact the
 athlete and add to the focus in coming years in this serene setting.
 Additional Excursion Information and Options can be provided along with a
 List of available Restaurants within a short walk from the Hotel.

*Based on Double Occupancy
 Private Coach Room for all Groups of 18+

The City of Bergen

Founded in 1070 by King Olav Kyrre, Bergen is an international town with small-town charm and atmosphere. The inhabitants love to show off their beautiful city. They are proud of Bergen's shipping, trading and cultural traditions. The city with its 235,000 inhabitants is like a spectacular amphitheatre clambering up the mountainsides, overlooking the sea, embracing you. You can roam through living history in this modern city, the gateway to the wildest and loveliest fjords of Norway. Tradition, initiative and drive have made Bergen one of Norway's most vigorous cultural cities. It is not merely by chance that Norway's biggest cultural event, the Bergen International Festival, is held here each year, or that the town was chosen to be one of the European Cities of Culture in the year 2000. The old parts of town are living history, and the museums and galleries keep both art and the ancestral heritage alive. The Hanseatic wharf Bryggen, the Fish Market, the composer Edvard Grieg's home at Troidhaugen, Rasmus Meyer's art collection, the Aquarium and Old Bergen are just a few of the many attractions worth visiting.



AdO arena, Bergen

The facilities at the pool:

AdO arena has 4x1 meter and 4x3 meter springboards, and full Olympic standard platforms (1-10m).

AdO arena also has a dry-land area with mats, 2x trampolines and 3x dryboards.



Example Program Pick-up from Airport Hourly

Sunday Arrival Lunsj-12-2p
 Training: 2-5:00p
 Technical meeting: 7-8pm Hotel Briefing
 MO-TU-WE-TH-FR Frokost 6:30a-8:30a Lunsj-12-1:30
 SAT-SUN Frokost 7a-8a
 Training: Daily 2 X Pool Training 2 X Dryland Training TBD

Departure: Airport Shuttle Available as Needed

Special food Due to allergy or Special Need, please let us know, and specify it in the entry form prior to arrival at Camp. Times and Schedule Subject to modification.

Subject to Change.

