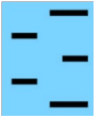




# **TRAINING**



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

# **DIVE BERGEN**

## **WINTER TRAINING CAMP**

**22DEC - 14JAN 2023**

**(book 3-10 nights)**

**Bergen, Norway**

**RESERVE YOUR UNIVERSITY OR CLUB ATHLETES NOW!**

**Early Bird 10% Discount**

Club Groups of 10+ Additional 5% Discount

[\*\*pj.bloch.thorsen@gmail.com\*\*](mailto:pj.bloch.thorsen@gmail.com)



# DIVE BERGEN TRAINING CAMP



## INVITATION

DIVERS: Expect to have full Diving Well facilities in a focused and relaxed environment in our 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 home.

### 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

### Technical Coach Meeting:

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

### Questions or additional information: (text preferred)

Paul Joachim Thorsen, Director ([pj.bloch.thorsen@gmail.com](mailto:pj.bloch.thorsen@gmail.com)) +0047 932 99 995

Kim White, Assistant Director ([kimbowwhite1992@gmail.com](mailto:kimbowwhite1992@gmail.com)) +0044 7831576344

Daniel Rosendahl, Assistant Director ([travel dan@mac.com](mailto:travel dan@mac.com)) +1 8052805969

<http://www.sporton.shop>



# DIVE BERGEN TRAINING CAMP



## CAMP COST

FULL BOARD* Best Savings	7-12 Per Day	Per Day Rate
Per Person, Per Night	NOK 1445	NOK 1625
*Dinners Not Included		

<b>POOL &amp; BREAKFAST/LUNCH ONLY</b>	<b>Per Day</b>
<b>No Hotel - Events - Transfers - Excursions</b>	<b>NOK 950</b>

Early Bird Before 15 NOV (-10%)  
 Full Board Option Includes Transport from Airport

**Registration**  
 Please Apply (below) When possible and make 1000 NOK Registration  
 No Later than: 15 OCT for Early Bird Discount  
 Book latest 15 NOV 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.  
 All Payments in Norwegian Currency in Full by 11 DEC 2023  
 After 11 DEC 2023, late fee of 460 NOK per participant, per day.

**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 7+

## 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

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.

Specific Holidays will be excluded from Training.  
 25 DEC, 01 JAN - Subject to Change and/or Amendment  
 Suitable Assistance can be provided for Activities during this time.  
 Subject to Change.

