

SUMMER TENT CAMP · SINCE 1981

A WEEK OF JUDO, LAKE AND NEW FRIENDS



WHEN
1–7 Aug 2027

WHERE
Tenero, Ticino

AGE
10 – 17 years

PRICE
CHF 330 all-in

Every summer we take judoka to Tenero on Lake Maggiore: judo twice a day, and in between climbing, BMX, skimboard and swimming in the lake. These four pages hold everything you as parents should know.

THE KEY FACTS

Date	1 – 7 August 2027. The date is provisional – we will announce the final date as soon as we have confirmation.
Location	National Youth Sport Centre Tenero (CST), Ticino. We sleep in permanent tents on the grounds – not in a camp house.
Who for	Judoka aged 10 to 17 who train regularly at a club. Competition experience is not required, participants from abroad are welcome.
Cost	CHF 330 per child, CHF 300 from the second child of the same family – all inclusive.
Supervision	More than 20 leaders, roughly one adult for every four children. The camp languages are German and French.

THREE FOCUSES

In the morning your child chooses between judo technique and judo competition. In the afternoon multi-sport is added as a third option – or they keep doing judo. Morning and afternoon can be chosen differently.



JUDO COMPETITION

MORNING + AFTERNOON

Kumikata, counters, groundwork, lots of randori and conditioning.



JUDO TECHNIQUE

MORNING + AFTERNOON

New throws, kata, refining standing and ground technique.



MULTI-SPORT

AFTERNOON ONLY

Skimboard, climbing, BMX, bike polo, kin-ball, beach volleyball, football.

A DAY AT CAMP

07.00	Wake-up – get up and dressed
07.15	Morning exercise – gentle movement
08.00	Breakfast – every morning with a “special”
09.30	Judo I – technique or competition
12.30	Lunch, then free time
14.30	Judo II or multi-sport – workshop or sports programme
16.30	Swimming in the lake – recharge
18.15	Dinner – sometimes a barbecue by the lake
19.45	Evening programme – games, tournament, chess or sport
21.15	Dessert
22.30	Lights out – rest after the day



ARRIVAL AND CLOSING

On Sunday the group travels accompanied from Basel or Biel/Bienne – arriving, first training, meeting the team and the other participants. On Saturday: tidying up, goodbyes and the accompanied journey home.

WEDNESDAY AND FRIDAY

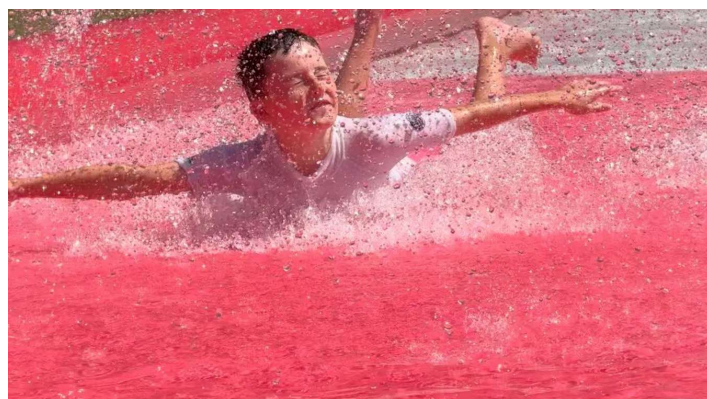
Wednesday is a rest day from judo: an excursion or hike in Ticino, barbecue by the lake in the evening. Friday is the closing celebration – rounding off the week together.

CHF 330 FOR THE WHOLE WEEK

No extra payments, no hidden costs. It works because the whole leader team volunteers and takes holiday for this week.

- ✓ Accompanied train journey from Basel or Biel and back
- ✓ Six nights in a tent on the grounds in Tenero
- ✓ Full board from our own camp kitchen
- ✓ Judo training twice a day
- ✓ Equipment for all multi-sport offerings
- ✓ All excursions and other activities
- ✓ Supervision by the leader team, day and night
- ✓ Evening programme and closing celebration

Pocket money is not needed – a small amount for an ice cream on the rest day is enough. If the fee is a hurdle for your family, get in touch and we will find a discreet solution.



PACKING LIST

Please label everything – at camp many judogi look alike.

- ☐ Judogi (ideally two) and belt
- ☐ Judo passport, if available
- ☐ Sleeping bag and sleeping mat
- ☐ Torch or head lamp
- ☐ Swimwear and beach towel
- ☐ Trainers for outdoors, indoor shoes
- ☐ Sports clothes for a week
- ☐ Rain jacket and a warm jumper
- ☐ Sunscreen, cap, sunglasses
- ☐ Toothbrush, shower kit, towels
- ☐ Water bottle
- ☐ Flip-flops for shower and campsite
- ☐ Personal medication
- ☐ Some change for an ice cream

SUPERVISION, TRAVEL, RULES

SUPERVISION

A fixed team of experienced judo coaches sleeps on the grounds and is available day and night – roughly one adult for every four children.

PHONES GO ON HOLIDAY

No phone during training, programme and at night. If there is a reason, the leadership contacts you. The children miss their phones less than you miss the children.

HEALTH

Please state allergies, special diets and medication on the medical sheet of the registration. Kitchen and leader team are informed; one designated person manages medication.

TRAVEL

The group travels accompanied by train from Basel or Biel/Bienne to Tenero and back. Meeting point and times come with the confirmation letter; you can also bring your child yourself.

REACHABILITY

An emergency number is staffed all week; you receive it with the confirmation letter. Every day there are pictures and a short recap on Instagram (@judolager).

INSURANCE

Insurance is the responsibility of the participants. Please check health and accident cover before registering.



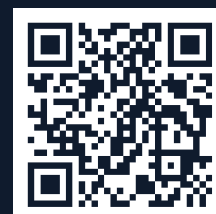
HOW TO GET ON THE INTEREST LIST

Registration opens in January 2027. Sign up beforehand, without obligation, at judocamp.net – the child's first name and age, the parents' e-mail, the club. You confirm the mail once and receive the registration link 10 days before everyone else. No payment, no obligation, at most three mails a year. The QR code on page 4 takes you straight there.

ANY QUESTION LEFT OPEN?

WHATSAPP: JUDOLAGER

Matthias, head of the Judocamp, usually replies the same day. All the information, all the pictures, the interest list and registration from January 2027: judocamp.net



SCAN FOR ALL THE INFORMATION

Programme changes reserved, times are guidelines. What is described is how past camps have run; the Judolager team reserves the right to add new programme elements – in judo as well as in the multi-sport and evening programme. We also reserve the right to adjust the price should our costs change.