



**MUNICIPALITY OF  
ATHENS**

**CHILDREN'S CAMPS'  
DEPARTMENT**



## DETAILED PROGRAM

**8th Athens Walkamp 24/8 to 12 /9/2017.**

**Walking & Fitness**

**International participation of young athletes -  
Sport activities, health & nutrition seminar, sea,  
Greek cuisine, cultural evenings, educational tours**





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# **8th** ATHENS WALKAMP

**24 August to 12 September 2017**

Children's Camps' Department -  
Municipality of Athens

***Walking & Fitness***  
***September 6/2017 at 17:30***  
***Free Participation for all ages***

**We walk for the world's peace**





**MUNICIPALITY OF  
ATHENS**

**CHILDREN'S  
CAMPS'  
DEPARTMENT**



**ANALYTIC PROGRAM**  
**8<sup>th</sup> Athens Walkamp 2017**  
Walking & Fitness  
International attendance of  
young athletes, sport  
activities, seminar for health  
& diet, sea activities, Greek  
specialities, cultural  
happenings, educational  
excursions.



### **Introduction**

The **8<sup>th</sup> Athens Walkamp 2017** is an innovative effort that combines technical & scientific issues of sport [race walking] along with cultural and tourist dimensions, targeting to its prevalence beyond the defined limits of its competitive nature.

Our goal is the strengthening of the friendship between the young walkers and keeping that in mind, we organise from August 24 to September 12 /2017 at the children's countryside of Municipality of Athens, a meeting, aiming not only for the coexistence of the Greek athletes who

will emanate from various parts of Greece but also for the attraction of foreigners who will also meet the Greek philosophy and culture.

The athletes' hospitality at the children's camps of Municipality of Athens is taking place in the frames of acquaintance of youngsters with Athens - the city where the culture was born - in an effort of cultural distribution, with the expectation that the capital of Greece becomes an exemplary city by creating codes of communication between the young persons from "Athens of world".

The base of Athens Walkamp includes sport activities, during morning and afternoon sessions - with the contribution of coaches - as well as participation in races either for athletes of club level or independent athletes in the frame of walking and health. As soon as the athletes and trainers attend the camp, the analytic daily program of activities will be finalised and published.


During the 7 years of the Athens Walk Camp they enjoyed the Greek hospitality:

- More than 80 foreigners athletes
- from 9 different countries (Greece, Italy, Serbia, Slovakia, Hungary, Holland, Sweden, Cyprus, Ukraine)
- totally 250 race walk athletes from Greece & from other countries
- official coaches - trainers & international, national judges have been participated.

In the frames of remainder activities a seminar is planned with the following issues initially supported in:

- The city of Athens looks at the world
- The social dimension of sports and the role of Federation
- Race walking in Greece and around the universe
- Review 7th Walkamp - Annual planning update
- Prevention & Health - Medical diagnostic control
- Walking & Health for elderly people



	<p><b>Detailed Program</b>  <b>Athens Walkamp</b>  <b>4th Edition</b>          2017... International Race          Walking Camp for Youth.          Science and Sport, sea, Greek          cuisine, Greek philosophy in          Athens, city of civilization.</p>	
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## COMPOSITION PROGRAM (Indicative program)

### A. Period (10Days)

No	Date	Time	City	Place	Action
1	Thursday 24/8	-	Athens	Ag. Andreas	Groups arriving
2	Friday 25/8	-	Athens	Ag. Andreas	Groups arriving
3	Saturday 26/8	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
4	Sunday 27/8	8,00am 9,00am	Athens	Ag. Andreas	Breakfast Training

		10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm			Swimming Lunch Training Dinner Cultural evening* Night out
5	Monday 28/8	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
6	Tuesday 29/8	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
7	Wednesday 30/8	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
8	Thursday 31/8	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
9	Friday 1/9	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm		Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
10	Saturday 2/9	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	<b>Test - Race 3.000m W- 5.000m M</b>	Breakfast Technical Meeting Lunch Race Dinner Cultural evening* Night out



### B. Period (10 Days)

11	Sunday 3/9	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
12	Monday 4/9	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
13	Tuesday 5/9	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
14	Wednesday 6/9	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas  <b>Race</b>  <b>5km M-W</b>	Breakfast Technical Meeting Swimming Lunch Race Dinner Cultural evening Night out
15	Thursday 7/9	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
16	Friday 8/9	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out

17	Saturday 9/9	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
18	Sunday 10/9	8,00am 9,00am 10-12am 13,00pm 18,00pm 20,00pm 21,00pm 22-24pm	Athens	Ag. Andreas	Breakfast Training Swimming Lunch Training Dinner Cultural evening* Night out
19	Monday 11/9	-	-	-	Departure of groups
20	Tuesday 12/9	-	-	-	Departure of groups

\* For each day you'll be informed about the schedule.



## Indicative nutrition program (English)

Breakfast: plain milk or cocoa, bread, butter, honey, jam ....



**Monday:** Lunch - Chicken with rice or potatoes, salad, bread, fruit

Dinner - peas or mixed vegetables, salad, bread, fruit

**Tuesday:** Lunch - fish, salad, bread, fruit

Dinner - spaghetti or penne with cheese sauce and carrot salad, bread, fruit

**Wednesday:** Lunch - lentils or beans, cheese, salad, bread, fruit

Dinner - or kagiana omelet, salad, bread, fruit

**Thursday:** Lunch - Pastitsio or burgers with mashed potatoes, salad, bread, fruit

Dinner - pasta or noodles with sausage, salad, cheese, bread

**Friday:** Lunch - Stuffed, salad, feta, olives, bread, fruit

Dinner - chicken nuggets with baked potatoes or fries, salad, bread, fruit

**Saturday:** Lunch - steak or meatloaf, fries, cheese, salad, bread, fruit

Dinner - Pizza, salad, bread, fruit

**Sunday:** Lunch - Beef stew with pasta or pork or lemon Tas Kebab, cheese, salad, bread, fruit

Dinner - Sandwiches, fruit juice



## ACCOMMODATION

Perfectly organised

The children's countryside of Municipality of Athens is located in Saint Andreas of Attica, roughly 30 km from the centre Athens, in an area of 180.000m<sup>2</sup> full of trees where mountain and sea are combined.



It is one of the best camps in aspects of comfortable living, and it's also well equipped with athletic installations and technical infrastructure according to the modern European models.





The camp allocates important athletic installations with proper infrastructures as:  
football ground of Olympic dimensions, ground basketball, volleyball, track and field,  
4 swimming pools for all ages (one is for water polo) and table tennis





## WALKAMP WINNERS

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### Walkamp Records

Ανδρών: Nkouloukidi Jean Jak (ITA) 5KM 20:02 (22-8-2010)  
Γυναικών: Zapounidou Despoina (GRE) 5KM 22:02 (29-8-2012)

### 2010

#### ΑΝΔΡΕΣ

1. Nkouloukidi Jean Jak (ITA)
2. Taliano Vincenzo (ITA)
3. Savanovic Vladimir (SRB)

#### ΓΥΝΑΙΚΕΣ

Varro Katalin (HUN)  
Colombi Nikol (ITA)  
Pesic Emilija (SRB)

### 2011

1. Savanovic Vladimir (SRB)
2. Ntentopoulos Konstantinos (GRE)
3. Chrisikos Vasilios (GRE)

Zapounidou Despoina (GRE)  
Strmenova Katarina (SVK)  
Pesic Emilija (SRB)

### 2012

1. Tsamoudakis Zacharias (GRE)
2. Liashenko Igor (UKR)
3. Nemes Viktor (HUN)

Zapounidou Despoina (GRE)  
Bokun Viktoriya (UKR)  
Vaitsi Athanasia (GRE)

## **2013**

1. Tsamoudakis Zacharias (GRE)
2. Vaitsis Ioannis (GRE)
3. Nikolic Daniel (SRB)

Michailova Marta (GRE)  
Vaitsi Athanasia (GRE)  
Stamati Nectaria (GRE)

## **2014**

1. Tsamoudakis Zacharias (GRE)
2. Vaitsis Ioannis (GRE)
3. Tokodi David (HUN)

Xynou Evangelia (GRE)  
Popovic Biljana (SRB)  
Mitsou Anastasia (GRE)

## **2015**

1. Vaitsis Ioannis (GRE)
2. Tokodi David (HUN)
3. Tsarouxas Themistoklis (GRE)

Tsinopouloy Panagiota (GRE)  
Vaitsi Athanasia (GRE)  
Stavrou Spyridoula (GRE)

## **2016**

1. Vaitsis Ioannis (GRE)
2. Tzatzimakis Georgios (GRE)
3. Tsitoglou Issaias (GRE)

Vaitsi Athanasia (GRE)  
Filtitsakou Kyriaki (GRE)  
Kourkoutsaki Efstathia (GRE)







*The memories are still fresh from the 7th Walkamp, as of yesterday ... But now we are preparing for the 8th and I wonder if the time has flew over quickly or maybe is our desire of "Walking" back again on familiar to us trails? The sweat of everyday double trainings, the endless kilometers are not an inhibiting factor, but on*



the contrary they seem like an adventure of looking for the limits that each one hides within us, in a hunt with time and distance. The past Walkamp editions all these years have served as the training basis for great successes in important Race Walk events, and friendships have been created that will remain perennial. Many of our athletes have tied so much with the camp that they have chosen to work as executives, team masters, community leaders etc. To me was important, among other things, also the participation in training sessions and in our races of adolescents, children with special abilities, as well as of the camp executives and especially the permanent staff of the camp.

*Information: Kefalopoulos Napoleon*  
*Professor in Physical Education, Technical Adviser of Walking*  
*Race, SEGAS.*

tel: 0030-6932625263, E-Mail: [Kefalo@hotmail.gr](mailto:Kefalo@hotmail.gr)