

# EZZAHRA - TUNISIA

5<sup>th</sup> to 10<sup>th</sup> JANUARY 2022

2<sup>nd</sup>

# International Finswimming Camp



About us

## **HOMY EVENTS**



**HOMY EVENTS** is an events company specializing in the creation of sporting, scientific and cultural events.

Our Finswimming events:

### ■ International Finswimming Camp

1<sup>st</sup> edition

8-13 January 2020





## ■ Finswimming Challenge Competition

1<sup>st</sup> edition

1<sup>st</sup> March, 8<sup>th</sup> March, 15<sup>th</sup> March, 29<sup>th</sup> March and 12 April 2020.

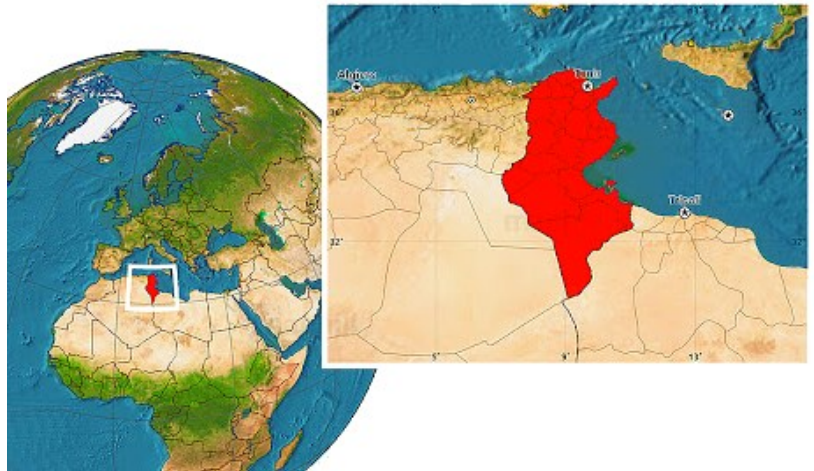
Location: Swimming pool "Abdelkader Achour" (La Marsa - Tunisia)





## Tunis City

**Tunis** is the capital and the largest city of **Tunisia**. The greater metropolitan area of Tunis, often referred to as Grand Tunis, has some 2,700,000 inhabitants. Situated on a large Mediterranean Sea gulf (the Gulf of Tunis), behind the **Lake of Tunis** and the port of **La Goulette**, the city extends along the coastal plain and the hills that surround it. At its core lies its **ancient Medina**, a World Heritage Site. East of the medina through the Sea Gate begins the modern city, or Ville Nouvelle, traversed by the grand Avenue Habib Bourguiba. Where the colonial-era buildings provide a clear contrast to smaller, older structures.

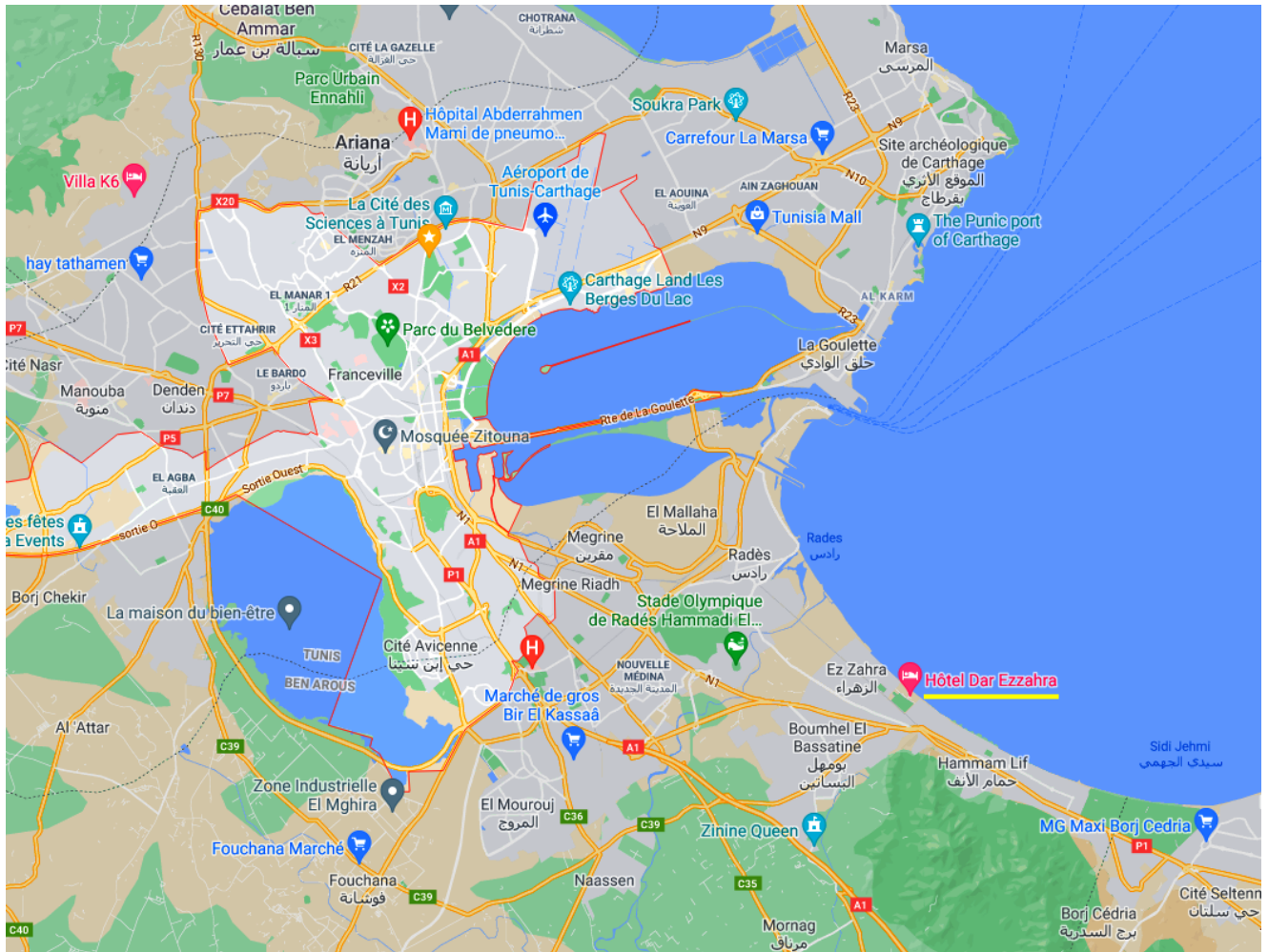


Further east by the sea lie the suburbs of **Carthage**, **La Marsa**, and **Sidi Bou Said**. As the capital city of the country, Tunis is the focus of Tunisian political and administrative life; it is also the centre of the country's commercial and cultural activities.





## Map of the city



## The swimming pool





The swimming pool is not far from the hotel. The distance is about 1 km (*2 minutes by car and 10 minutes walking*)

Specifications:

- 50 metres length,
- 8 lanes pool,
- 2 metres depth,
- overage temperature:  $28 \pm 1^{\circ}\text{C}$ .

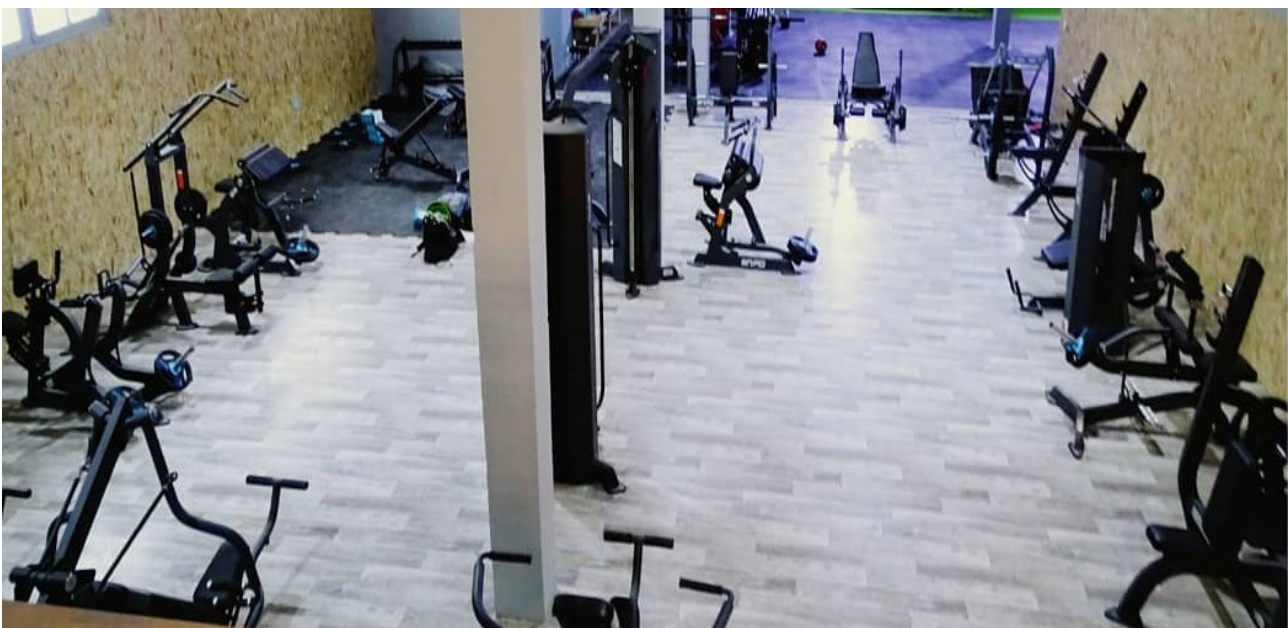
Capacity: 300 spectators.

The complex includes two groups of dressing rooms. Each group has adequate space for 100 persons with showers, toilets and rest rooms.





## Underground fitness



## Hotel Accommodation

The Hotel **Ezzahra Dar Tunis** is a charming 4-star hotel set in a prime location in the centre of **Ezzahra**. It is less than 2 minutes from swimming pool and about 30 minutes from the international airport. The wireless internet is free. The bedrooms are comfortable, air-conditioned with climate control, and equipped with a minibar, a private bathroom and satellite television.



## How to participate in 2nd International Finswimming Camp

The **2<sup>nd</sup> International Finswimming Camp** (IFC 2022) is open for all categories and all levels. The participation may be individually or within a team.

A professional technical staff will supervise the IFC 2022, each trainer will coach a group selected by level, specialty and age category.

### Technical staff

#### LEVADA RUBES

##### Technical Director

Born in 1978 - Bologna (Italy)

3rd degree finswimming coach by the Italian Underwater Federation.

2001-2006: Finswimming coach for under 13 years old for Record Team Bologna (Italy)

2007-2009: Finswimming coach for Diving Club Geronimo (Croatia)

Since 2009: Professional finswimming coach for Zagreb Diving Federation.



#### MARIEM BEN HAJ ROMDHAN

##### Logistics



Born in 1997 - Tunis (Tunisia)

2013-2018: Member in Finswimming Tunisia National Team

2013: Arab championship –El Kef (Tunisia): 3 silver medals and 3 bronze medals

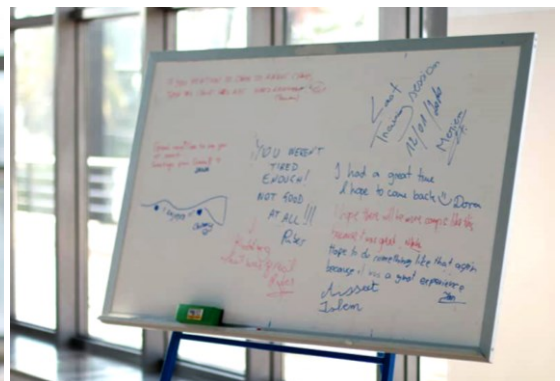
2013: Final CMAS World cup : 1 gold medal and 1 bronze medal

2014: Mediterranean championship-Rades (Tunisia): 2 silver medals and 1 bronze medal

2015: 1st Mediterranean Beach Games Pescara (Italy) : 1 bronze medal

2013-2018: Rounds of CMAS World cup : 1 silver medal and 4 bronze medals

2018-2019: Finswimming Coach of "Jeunesse Sportive de Bardo" (Tunisia): 1<sup>st</sup> place in Tunisia championship under 13 y old.





## Schedule

### Wednesday 5 January 2022

Arrival of coaches and athletes

16h30 - 17h30 Training sessions

19h00 Dinner

20h30 Meeting with coaches and athletes to introduce the program of the event

### Thursday 06 January 2022

6h30 Breakfast

7h30 - 9h00 Gym session

9h30 - 10h30 Swimming session

13h00 Lunch

15h00 - 17h00 Finswimming theories course and workshops

18h30 - 19h30 Swimming session

20h30 Dinner

21h30 Feedback meeting with coaches

### Friday 07 January 2022

6h30 Breakfast

7h30 - 9h00 Gym session

9h30 - 10h30 Swimming session

12h00 Lunch

13h00 - 15h00 Finswimming theories course and workshops

16h00 - 19h00 Visit to Sidi Bousaid

20h30 Dinner

21h30 Feedback meeting with coaches

### Saturday 08 January 2022

6h30 Breakfast

9h30-10h30 Swimming session

13h00 Lunch

15h00-17h00 Finswimming theories course and workshops

17h00-18h00 Swimming session

20h00 Dinner

21h00 Feedback meeting with coaches

### Sunday 09 January 2022

Competition day

### Monday 10 January 2022

6h30 Breakfast

Departure of coaches and athletes



## Booking and Entry fee

The entry fee is 290 Euros / person, the organizer will provide

- Accommodation in a four-star hotel with double or triple hotel rooms.
- Breakfast, lunch and dinner starting with dinner 5<sup>th</sup> January 2022 and ending with breakfast 10<sup>th</sup> January 2022.
- Transfers from international Tunis-Carthage Airport (TUN) to hotel and return
- Transfers between hotel and swimming pool
- Excursions in the city of Sidi Bousaid and the museum of Carthage.
- PCR Test covid-19 at 9<sup>th</sup> January 2022 for the return.
- 7 Training courses (2hours) in swimming pool 50m.
- 2 Training courses (1h30) in Gym.
- Participation in the 2<sup>nd</sup> Tunisia Finswimming Championship.
- 2 bottles of water 1.5 L for each swimmer / day.
- Diploma for participation in the International Finswimming Camp.
- Insurance during the International Finswimming Camp from 5<sup>th</sup> to 10<sup>th</sup> January 2022.
- Extra charge for single room: 30 euro per day.
- Extra day charged: 80 euro per day, including full board and accommodation.

**Attention:** Deadline for the final hotel booking on **18 December 2022**.

Later registrations will not be accepted.



## Visa

If you need a visa, please contact the organization committees with email: [homyevents@hotmail.com](mailto:homyevents@hotmail.com) before **18<sup>th</sup> December 2022**.

## Insurance

Insurance is taken out by the organizers, from January 4 to 10, 2022, for all participants in the International Finswimming Camp.

## Payment

The organizer will only accept cash upon arrival at the hotel on January 8, 2022.



# Hotel booking

(Before 18<sup>th</sup> December 2022)

Please complete this form and send it to the Organizing Committee by e-mail:

[homyevents@hotmail.com](mailto:homyevents@hotmail.com)

Country:		
Clubs:		
Phone:	Fax:	Email:

Officiel pack :	Number of rooms	Date	
		From	To
Single			
Double/Triple			

	Number of rooms	Date	
		From	To
Single			
Double/Triple			

Date	President (Signature / stamp)	(Full name in block letters)



# Participant List

(Before 18th December 2022)

Please complete this form and send it to the Organizing Committee by e-mail:

[homyevents@hotmail.com](mailto:homyevents@hotmail.com)

Country:						
Club:						
Finswimmers :		Males :		Females :		
Officials :		Males :		Females :		

N°	NAME	FIRST NAME	Type: (Athlete – Trainer – Délégation Chief – Doctor – Judge – Other)	Male	Female	Single room
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

ARRIVAL	Date :		Time	
AIRPORT	<input type="checkbox"/> International Airport Tunis-Carthage (TUN)		Flight N°	
DEPARTURE	Date :		Time	
AIRPORT	<input type="checkbox"/> International Airport Tunis-Carthage (TUN)		Flight N°	

Date :	President (Signature / stamp)	(Full name in block letters)



# Athletes' Technical list

(Before 18th December 2022)

Please complete this form and send it to the Organizing Committee by e-mail:

[homyevents@hotmail.com](mailto:homyevents@hotmail.com)

Country:		
Club:		
Finswimmers :	Males :	Females :
Officials :	Males :	Females :

N°	NAME	FIRST NAME	Date of Birth	Male or Female	Specialties	Times
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

Date :	President (Signature / stamp)	(Full name in block letters)

## **Registration 2<sup>nd</sup> Tunisia National Championship**

Please complete this form and send it to the Organizing Committee by e-mail:

[homyevents@hotmail.com](mailto:homyevents@hotmail.com)

Country:		
Club:		
Finswimmers :	Males :	Females :
Officials :	Males :	Females :

N°	Name	Male/ Female	Year of birth	50m Bifins	50m Apnea	50m Surf	100m Surf	100m Bifins	200m Surf	200m Bifins	400m Surf	400m Bifins	800m Surf	1500m Surf
Ex.	exemple	male	2000	22:00			45:95				3:53:00			16:30:00
1														
2														
3														
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12														
13														
14														
15														

Date :	President (Signature / stamp)	(Full name in block letters)
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## 2<sup>nd</sup> Tunisia Finswimming Championship

The competition will be in the same swimming pool used in the International Finswimming Camp (IFC 2022) with electronic timing equipment.

### Program

Morning session	Afternoon session
50m Bifins	50m Apnea
50m Surface	100m Surface
200m Bifins	100m Bifins
200m Surface	400m Surface
800m Surface	400m Bifins
	1500m Surface

### Participation

Each swimmer can participate in a maximum of 4 races during the competition.