

# Olympia Camp



**Sports Center -  
Children's Camp  
in Frixia Olympias (Greece)**

*A state-of-the-art sports and eco camp for children, featuring model facilities, located at the birthplace of the Olympics, a location brimming with history, culture and tradition.*

In a landscape of incomparable natural beauty, overlooking the mythical valley of Alfios River and Ancient Olympia, we have created the ideal environment for our children's rejuvenation, relaxation, creativity and experiential education, with the assistance of the camp's highly skilled, specialized staff.





## FACILITIES

### buildings

- 15 air-conditioned Finnish wooden cottages, with a capacity of 11 to 14 children each
- 11 air-conditioned stone-built cottages
- Fully equipped kitchen and dining area
- 1 secretariat building
- 1 fully equipped infirmary
- 4 personal hygiene compounds (WCs, showers)
- 1 stone-built amphitheatre with a capacity of 500 people for the purposes of the camp's performing arts activities



# sports grounds

- 2 soccer fields with synthetic lawn (5X5 & 8X8)
- 2 basketball courts
- 1 volleyball court & 1 beach volleyball court
- Swimming pool (25m x 14m)
- Ping-pong tables
- Archery ground place
- Playground
- Hiking trail from the camp until the banks of Alfios River
- Space & gear for rafting and kayaking



## SAFETY



The camp has been designed to ensure the safety of children. Facilities are located in a large space with a perimeter safety fence and with 24/7 gate security. All facilities are equipped with automatic fire extinction systems.

Strict safety regulations are firmly adhered to in every activity. All sports and leisure activities are performed under the guidance and supervision of specialized staff with first aid and lifeguard training. The camp has a Resident Medical Doctor, while more demanding incidents are immediately referred and transferred to one of the two general hospitals of the vicinity: Krestena Hospital (13km distance) or Pyrgos Hospital (38km distance).

## INTENSIVE SPORTS PROGRAMS

Olympia Camp has been organizing high-level intensive summer sports camps for over 18 years. The programs scheduled for 2013 are:

- **OLYMPIA BASKETBALL CAMP** with Head Coach Nikos Boudouris, former basketball player and current coach of academies and infrastructure
- **OLYMPIA VOLLEYBALL CAMP** under the guidance of National Teams Coach Periklis Bakodimos
- **OLYMPIA JUDO CAMP** under the guidance of coaches Konstantinos Gakis and Elena Palyvou
- **OLYMPIA SOCCER CAMP** under the guidance of former AEK Academies coach Tasos Stasinopoulos

Please note that **participation in the specialized sports camps carries an additional weekly fee.**



# MEDITERRANEAN DIET



The children's menu has been compiled by a special nutritionist, based on pure and fresh local traditional products and reflecting the world-renowned health benefits of a truly Mediterranean nutrition.

Daily meals include:

## LUNCH

### Monday

Green beans and potato stew, cheese-pie, fresh fruit

### Tuesday

*Pastitsio* or *Musakas*, salad, feta cheese, fresh fruit

### Wednesday

Fish filet, potato or vegetable salad, fresh fruit

### Thursday

Meat with tomato sauce, pasta, salad, fresh fruit

### Friday

Grilled hamburger, baked potatoes, salad, fresh fruit

### Saturday

Chicken lemon stew with rice, salad, fresh fruit

### Sunday

Steak, French fries, salad, fresh fruit

## DINNER

Roasted chicken, risotto or lasagna, salad, fresh fruit

*Suvlaki*, French fries, fresh fruit

Pizza, salad, fresh fruit

French-fries omelet, salad, fresh fruit

Rice-stuffed vegetables, feta cheese, fresh fruit

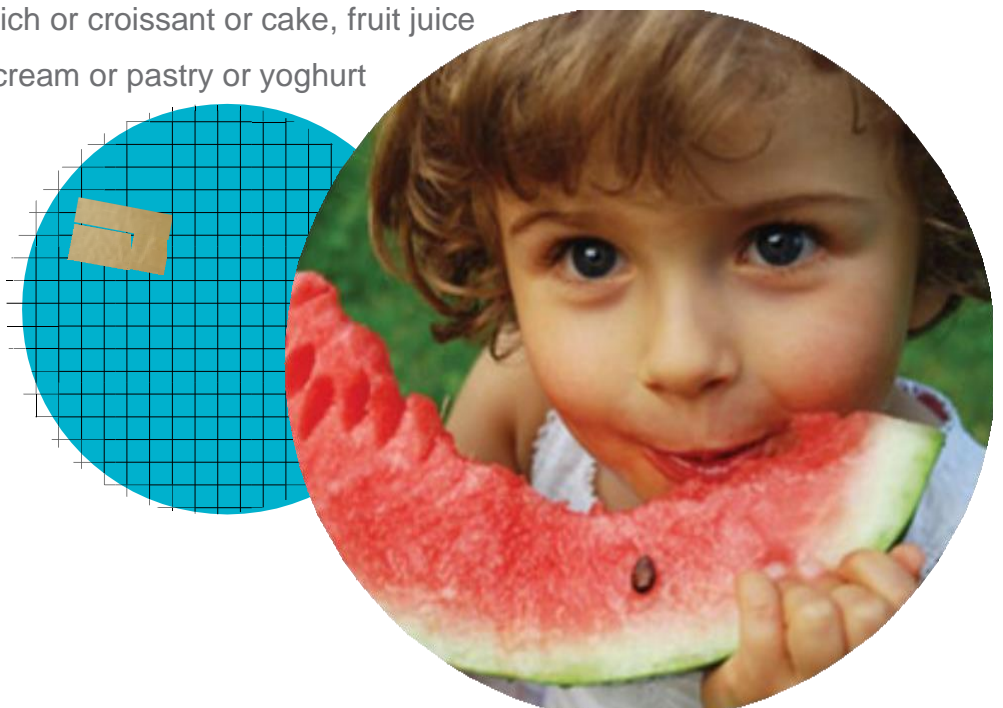
Hamburger, French fries, fresh fruit

Pasta Bolognese or oven-baked, salad, fresh fruit

**Breakfast:** Milk or tea, bread, butter, jam or honey, corn-flakes, egg, chocolate spread

**Morning Snack:** Sandwich or croissant or cake, fruit juice

**Afternoon Snack:** Ice cream or pastry or yoghurt



## DAILY TIMETABLE

<b>8:30</b>	Morning awakening – personal hygiene
<b>9:00-9:30</b>	Breakfast
<b>9:30-11:30</b>	Cleaning of dormitories by camp staff
<b>10:00-13:00</b>	Morning sports* or cultural** activities – Playing at the pool – Leisure time
<b>13:30</b>	Lunch
<b>15:00-17:00</b>	Post-lunch rest – quiet time
<b>17:00</b>	Afternoon sports* or cultural** activities – Preparation of evening entertainment
<b>20:30</b>	Dinner
<b>21:00</b>	Evening entertainment (group games, parties, theater/ shadow theater performances, contests, explorations, etc.)
<b>23.00</b>	Retreat for night rest

\* Soccer, basketball, volleyball, ping-pong, archery, swimming in the pool, mountain bike, according to the specific interests expressed in advance.

\*\* Painting, music, dance, theater (participation in the staging of an ancient myth regarding the launch of the Olympic Games), according to the specific interests expressed in advance.

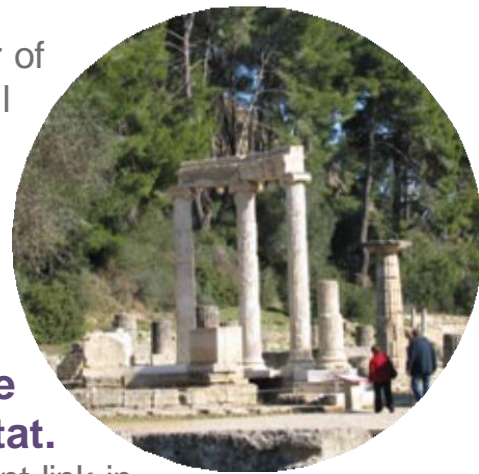
Above schedule is set and adjusted according to the children's age, each day's excursions and personal preferences of the campers to participate or not in each activity.



## OPTIONAL EXCURSIONS & ACTIVITIES

Any of the following leisure, educational and environmental activities can be incorporated in the children's program **at a corresponding participation fee:**

- **Excursion to Ancient Olympia** and guided tour of the birthplace of world sports: archaeological site, Olympia Archaeological Museum (New Museum), Ancient Olympic Games Museum (Old Museum), Modern Olympic Games Museum.
- **Swimming in the sea** up to twice a week.



- **Excursion to the Kaiafa lagoon natural habitat.**

The lagoon comprises an important link in the visitant birds' "west path" between Europe and Africa. Points of interest: the hot springs and thermal bath facilities, the easily accessible in the summer caves, the double-peaked dunes by the seashore. In the lagoon there is an artificial isle with accommodation facilities and sea sports infrastructure for water ski.



- **Visit to WATERPARK SPLASH**, a park with waterslides and water games.
- **Excursion to Alfios River Floka Dam.** An irrigation dam that helps store water during the winter months for agricultural use from the spring through the fall. Also located in the area is a small hydroelectric unit for the production of electric power.
- **Rafting** in a 10km haul down Alfios river; for children 10 years old and above, in groups of 16 to 20. Duration: approximately 2 hours.
- **Visit to a winery and a vineyard** during grape-picking season (September).
- **Sea sports:** canoe - sea bikes - windsurf.
- **Visit to olive oil press** and presentation about the history of the olive tree and olive oil from antiquity to the present day.



## CAMP SESSIONS & NUMBER OF CAMPERS:

The camp hosts children 6 to 17 years old, in sessions of 7, 14 or 21 days, depending on the following availability:

- **1st period: April 1, 2020, to June 19, 2020**

The camp can accommodate up to 280 children.

- **2nd period: June 19, 2020, to August 30, 2020**

The camp can accommodate up to 70 children.

- **3rd period: September 1, 2020, to September 30, 2020**

The camp can accommodate up to 300 adults.



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**CAMP HEADQUARTERS:** FRIXA OF OLYMPIA, municipal district of SKYLLOUNTIA