

Senior-program to WSG in Loutraki, June 4th.-7.th 2025

Place: Sports Camp - check the links: [SPORTCAMP Virtual Tour](#) [SPORTCAMP](#) / + see the map below

Lunch: The Lunch for the seniors will be served at the Sports Camp from June 4th to June 7th. So that we go directly from the senior activities to the restaurant and have our lunch.

Participants: In all we will have 69 participants coming from: Austria, Estonia, Denmark, Finland, Mexico and Netherlands.

Bus transportation

Bus transportation will be organized to and from the Sports Camp

Date	Time	Activity	Location	Instruktor	Sports equipments
June 4th.	10.00-10.20	News of the day and warm up	1 or 2	Anna-Lise Kooreman & Poul Sølvstein	Music
	10.30-11.40	Team 1: Walking Football	5	Marko Marjanovic, Askö	15-20 Soccer Balls (size 5) + 14 team vests (Marko brings goal markings)
		Team 2: Catch´n & Serve (volley adapted)	4	Elisabeth Speiser-Havel	17 Volleyballs,three scoreboards, 3 courts
	11.50-13.00	Team 1: Catch´n & Serve (volley adapted)	4	Elisabeth Speiser-Havel	
		Team 2: Walking Football	5	Marko Marjanovic, Askö	

	19.30	Parade from Loutraki to Thodio Stadion Opening Ceremony at 20.00 o'clock			
June 5th.	10.00-10.20	News of the day and warm up	1 or 2	Anna-Lise & Poul	
	10.30-11.40	Team 1: Krolf	1	Poul, DAI + helpers	DAI brings the equipment
		Team 2: In balance through martial Arts	2	Tina Bellemans,	30 foam noodles/swimming
	11.50-13.00	Team 1: In balance through martial Arts	2	Tina Bellemans	
		Team 2: Krolf	1	Poul Sølvstein, + helpers	
June 6th.	10.00-10.20	News of the day and warm up	1 or 2	Anna-Lise & Poul	
	10.30-11.40	Team 1: AQUA-Gym	3	Anna-Lise	Music
		Team 2: Greek traditional folk dance	2	Maria Bakou, HOCSH	
	11.50-13.00	Team 1: Greek traditional folk dance	2	Maria Bakou, HOCSH	
		Team 2: AQUA-Gym	3	Anna-Lise K	
	13.00-13.30	Introduction to Ancient Greek Sport (theory)		Mr. Hondronasios	

June 7th.	10.00-10.20	News of the day and warm up	1 or 2	Anna-Lise & Poul, DAI	
	10.30-11.40	Team 1: Ancient Greek Sports	1 or 2	Mr. Hondronasios	?
		Team 2: Fun exercises with rice bags	1 or 2	Peter Staribacher, Askö	?
	11.50-13.00	Team 1: Fun exercises with rice bags		Peter Staribacher, Askö	
		Team 2: Ancient Greek Sports		Mr. Hondronasios	
June 8th.		Departure for alle participants			

Voluntary Olive Oil Tasting and roundtrip in the Loutraki surroundings for all seniors in the program - when? Juni 5 or June 6th? - price -

HOCSH will present the offer, when we arrive to Loutraki - you can pay with credit-card

[SPORTCAMP Virtual Tour](#)

Walking Football tournament - for seniors

Walking football tournament will be in the evenings- at 5PM - now we have 3 teams (1 from Askö and 2 from DAI - so we need 2 more teams (+ (Senior-group?; Poul, Peter, Ann-Lise, Birthe + Mikkel, others)

We expect to get a few more teams to the tournament.

We still do not know the location of the walking football tournament - it will be either down in Loutraki or up at the Sports Camp. As soon as we know the location and the game plan, we will send it. The plan is that

Footwear: Sports shoes - not football boots

The 5 standards for Walking Football (adjustments for local conditions are possible):

- 6 players per team (including substitutes) 4 players at the field
- 4 x 15 minutes with 5-10 minute breaks between halves
- Playing field: 42 x 21 m
- Goal size: 3 m long, 1 m high
- Soccer ball (size 5)

Most important game rules:

- Walk instead of run (one foot is always in the ground)
- Play without physical contact
- The ball is only played up to 1 meter in height
- No goalkeeper
- Fun and fair play are paramount
- No football boots

Opening Ceremony on Wednesday June 4th

At 19.30, the big parade of all participating nations will start in Loutraki and end in the Thodio Stadium. The official ceremony, with many celebrities, is planned for 20.00 and will be streamed LIVE online.



1. Grass Field to Krolf & other activities, 2. Indoor Hall, 3. Pool, 4. Volleyball courts, 5. Football field to Walking football