

Tommy and Josef Macias on Åland 16th to 18th January 2026



In cooperation with



Head coaches:	Tommy Macias (European Champion and World silver medalist) and Josef Macias (6th dan, Tommy's coach)
Venue:	Idrottsgården, Neptunigatan 23, 22100 Mariehamn, Åland Islands
Participants:	Juniors + adults (competing U13 and older) Kids (more playful group for U11 and non competing older)
Schedule:	4 sessions for juniors + adults and 4 sessions for kids (see detailed schedule on next page). All sessions will be lead by Tommy and Josef
Cost of training:	€50 per participant, payable in advance to Ålands Judoklubb
Accomodation:	At Park Alandia Hotel for €46 per person and night with breakfast included (more information on page 3)
Meals:	Dinner on Friday, lunch and dinner on Saturday and lunch Sunday for guests at Park Hotel at €48
Registration:	By e-mail to henrik.rundqvist@altor.com before 1st December 2026
Additional information:	Henrik Rundqvist +358 40 350 285

Slide 1

HR1

Kan vi ha nya bilder och layout?

Henrik Rundqvist; 2025-08-05T06:57:45.072

Preliminary schedule

Friday 16th January

15.30-16.30	Registration
16.00-17.00	Kids session
17.00-19.00	Juniors + adults tachiwaza 75 min technical 45 min randori
19.15	Dinner

Saturday 17th January

09.00-10.00	Kids session
10.00-11.30	Juniors+adults newaza 60 min technical 30 min randori
11.30	Lunch
14.00-15.00	Kids session
15.00-17.00	Juniors + adults tachiwaza 75 min technical 45 min randori
17.30	Dinner
19.00-20.00	Q&A with Josef and Tommy Macias

Sunday 18th January

09.00-10.00	Kids session
10.00-12.00	Juniors + adults tachiwaza 75 min technical 45 min randori
12.00	Lunch
	End of camp

Travel, accomodation and meals

Accomodation and meals at Park Alandia Hotel

- Prices including breakfast
 - 3 and 4 person rooms €46 per person and night
 - Doubleroom €115 / room and night
 - Single room €110 per room and night
- Morning sauna and pool included in price for room
- Meals package €48 per person including dinner Friday, lunch and dinner Saturday and lunch Sunday
- Afternoon snack available at €7,5 per person and evening snack €9,5 per person
- Booking by e-mail at info@parkalandia.com with code JUDO26. Please make your booking before 12th of December to ensure availability

Travel

- From Sweden: Viking Line has a morning departure from Stadsgården in Stockholm that will bring you to Mariehamn in the middle of the day well ahead of the first training session
- From Finland: Viking Line has a morning departure from Turku that will bring you to Mariehamn in the middle of the day well ahead of the first training session
- Please be in touch with Henrik Rundqvist if you want to discuss alternative travel routes