

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

Accommodation: At Park Ålandia 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

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