

Sports & Fitness

A National Tradition

As a nation known for such culinary delights as dumplings and pork (washed down with healthy quantities of beer), the Czech Republic – at first glance – hardly seems synonymous with healthy living. But don't be too quick to judge: this is a country that's very keen on health and fitness – if you haven't noticed Prague's many, many fitness centers you may need to get out a little more. Add to this a long-standing tradition of hiking and biking, skiing and snowboarding and you'll see that exercise is actually an important national pastime. Physical activity has played a strong role in Czech history as well.

Sokol, a physical education organization founded in 1862, was established to encourage patriotism through acts of physical prowess – and athletic feats were often performed in national costumes. Sokol gymnasiums popped up all over the Republic afterwards, with membership rising into the millions between the wars. Sokol was banned by the Communist Party but was revived again in 1990. These days Sokol numbers are down (about 200,000 members), but with the modernization of activities, more and more young people are showing up for classes at their local branch.

To Your Health

Expats arriving in Prague may experience a weight gain similar to the 'Freshman 15' – and given all the high-calorie temptations on hand, this comes as no surprise. But once you've embraced the 'everything in moderation' mantra, Prague can also be the perfect place to shape up, slim down, and start over. The city's hilly streets, wooded trails, bike-friendly paths, and state-of-the-art gyms leave little room for excuses.

Fitness Centers

A run-of-the-mill fitness center will have a gym, pool, sauna, massage service, and perhaps a tanning bed (**solarium**). Fancier gyms may have whirlpools, personal trainers, babysitting services, basketball courts, and even beauty salons. Smaller centers usually offer at least aerobics classes (step is highly popular here) and sometimes spinning which has become de rigueur in the fight against flab. **Holmes Place Health Club**, a favorite among expats, has an impressive list of classes, everything from hip-hop dance

to Tae Bo to power yoga. **Delroy's Gym** offers a range of martial arts, including tai-chi, Thai boxing, karate for kids, self-defense, and kickboxing. Keep in mind that the further from the center you venture the less likely it is that your instructor will speak English. For the truly adventurous or those who speak a bit of Czech, Sokol classes are incredibly cheap; you can take an aerobics class for about 50 CZK a session.

If you can afford the monthly fees of 3,000 CZK – 5,000 CZK, most of Prague's premiere hotels offer top of the line equipment and facilities. **The Cybex Health Club and Spa** at the **Hilton Prague Hotel** boasts the city's largest combination of sport facilities, including a putting green. **Corinthia Panorama's** top-floor health and fitness center provides a dazzling view of Prague Castle; **Corinthia Towers Hotel** prides itself on its soothing environment (natural light, frosted glass, stone and wood accents). Luxury hotels aren't the only places to sweat amidst swank. Rumor has it that Daniel Craig kept up his Bond physique at **World Class Health Academy** during the filming of *Casino Royale*. BBC Fitness has multiple locations and an impressive line-up of workout apparatus; their web site is only in Czech but most of

the staffers speak some English, even at locations further from the city center.

You needn't empty your pockets to slim and tone. **Fit Centrum Vagon**, and the **YMCA** (there are two locations) are good places to economize. There are a variety of ways to pay at Prague's fitness centers. You can buy a one-month, three-month, six-month, or a year-long plan. Before you sign up remember that services like saunas aren't always included in the basic price, though some gyms offer an unlimited usage package. **World Class Fitness Center** offers a yearly membership for around 15,000 CZK (which includes sauna). A number of gyms also let you pre-pay for sessions, issuing a swipe-card for tracking your visits. In order to choose your best plan, decide how often you'll frequent the gym (not how often you plan on frequenting the gym, but how often you'll actually go) and what services you'll require. (Do you want to take classes? Play squash?) If you plan on working out five or six times a week, a yearly pass may be right for you. The less-committed should opt for a pay-as-you-go plan or month-long trial. And it's always best to choose a fitness center that's close to your home or office. One more word to the wise: weight lifters should familiarize themselves with the metric system!

Fitness Centers



World Class Fitness

V Celnici 10, 110 00 Praha 1

+420 221 033 165

www.worldclass.cz info@worldclass.cz



World Class Fitness is the number 1 fitness provider in Prague where we are currently operating 3 state of the art fitness centers: two directly in downtown and one in Chodov.

Blue Orange	www.blueorange.cz
Tupolevova 676, Prague 9	+420 286 006 222
Corinthia Panorama	www.corinthia.com
Milevská 7, Prague 4	+420 261 164 791
Corinthia Towers Hotel	www.corinthia.com
Kongresová 1, Prague 4	+420 261 191 326
Cybex Prague	www.cybex-fitness.cz
Pobřežní 1, Prague 8	+420 224 842 375
Delroy's Gym	www.delroys-gym.cz
Zborovská 4, Prague 5	+420 257 327 042
Factory Pro	www.factorypro.cz
Nádražní 32, Prague 5	+420 221 420 800
Fit Centrum Vagon	www.fitness-vagon.cz
Národní 25, Prague 1	+420 221 085 544
Fitness Vinohradská	www.fitness-vinohradska.cz
Vinohradská 38	+420 222 522 084
Fittop	www.fittop.cz
Seifertova 49, Prague 3	+420 222 540 583
Hit Fitness	www.hitfit.net
Chrudimská 2b, Prague 3	+420 267 311 447
Holmes Place	www.holmesplace.cz
Plzeňská 8, Prague 5	+420 257 313 830
Hotel InterContinental	www.icfitness.cz
Náměstí Curieových 5, Prague 1	+420 296 631 525
Solarium BBC	www.solariumbbc.cz
Nám. I.P. Pavlova 3, Prague 2	+420 234 290 036
World Class Fitness Center Chodov	www.worldclass.cz
V Parku 8, Prague 4	+420 272 912 530
World Class Health Academy	www.worldclass.cz
V Celnici 10, Prague 1	+420 221 033 033
YMCA	www.sycmca.cz
Na Poříčí 12, Prague 1	+420 224 875 811

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World Class Fitness Center
Václavské náměstí 22
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234 699 100
wcf@worldclass.cz

World Class Health Academy
V Parku 2308/8
148 00 Praha 4
221 033 033
wcha@worldclass.cz

World Class Fitness Center
V Parku 2308/8
148 00 Praha 4
272 912 530
wcf-park@worldclass.cz

www.worldclass.cz

WorldClass
PRAGUE

Racket Sports

With Martina Navrátilová, Ivan Lendl, and Martina Hingis all taking their first swings in the Czech Republic, it should come as no surprise that racket sports are wildly popular here.

If a squash match is what you seek it's best to book a court rather than just show up. Many squash centers have racket rentals and consistently top-ranked by expats, **ASB Squash Centrum** is comprised of three small courts in Wenceslas Square; **Královské Vinohrady Squash** is a small but popular court tucked away in an apartment building near Flora; **Squashpoint** has both squash and ricochet courts; ricochet is played on a squash court with lowered ceilings. The prices at **Arbes and Hit Fitness** are difficult to beat. Court rentals can run from 190 CZK up to 400 CZK per hour.

Tennis players will find good quality indoor and outdoor clay courts in Prague, many of which are located in gorgeous surroundings. And hiring a quality professional coach is entirely within reach, even for the budget conscious. **The Prague Tennis Club** can help you find English-speaking partners; you'll find English-speaking pros at **Tennis Club Prague**. At around 10,000 CZK per year, tennis club memberships are relatively cheap, but only if you take advantage and play every day. **The International Women's Association of Prague** coordinates regular doubles matches. There are several indoor, air-conditioned courts for year-round play: **Hotel Step** (carpet with granulate), **Hotel Čechie** (hard surface), **Club Hotel Průhonice** (hard surface), and newcomer **Tenis Lužiny** (carpet). Lužiny is recommended for its good lighting, generous space around the court-lines, proximity to metro, and cozy restaurant with a view of the action. You can also reserve a court in an air-inflated hall. Though usually cheaper, the quality of the playing surface here isn't always top-notch. For year-round play, **Hamr** is the largest, best-known facility. The halls are well-heated and the covered clay courts

well-maintained. Once spring has sprung the picturesque courts of **Střelecký Ostrov** – one of the islands near the National Theater – are ideal; **The Czech-Lawn Tennis Club** (CLTK) has 14 courts; or head to **Letná Park** and check out the courts behind the Metronome.

Cricket












Prague Bohemians Cricket Club www.praguebohemianscc.cz
n/a ☎ +420 720 312 457
Prague Cricket Club www.cricket.cz
K Lesu 558/2, Prague 4 ☎ +420 724 307 957

Squash

Arbes Squash and Fitness Centrum www.squasharbes.cz
Arbesovo náměstí 15, Prague 5 ☎ +420 257 326 041
ASB Squash Centrum www.asbsquash.cz
Václavské náměstí 15, Prague 1 ☎ +420 224 232 752
Královské Vinohrady Squash www.sweb.cz/squash.vinohrady
Čáslavská 5, Prague 3 ☎ +420 267 316 235
Squashpoint www.squashpoint.cz
Květnového vítězství 79, Prague 4 ☎ +420 272 940 089

Tennis

Club Hotel Průhonice www.club-hotel-praha.cz
Průhonice 400, Průhonice ☎ +420 274 010 740
Czech Lawn Tennis Club (I. CLTK Praha) www.cltk.cz
Štvanice 38, Prague 7 ☎ +420 222 324 601

Hamr – Braník	 www.hamrsport.cz
Vltavanů 1542, Prague 4	 +420 244 462 467
Hamr – Záběhlice	 www.hamrsport.cz
Záběhlická, Prague 10	 +420 272 772 762
Hotel Čechie	 www.hotelcechie.cz
U Sluncové 618, Prague 8	 +420 266 194 111
Hotel Step	 www.hotelstep.cz
Malletova 1141, Prague 9	 +420 272 178 350
Tenis Lužiny	 www.tenis-luziny.cz
Zázvorkova, Prague 13	 +420 731 011 110
Tennis School Advantage	 www.volny.cz/atdenis
Augustinova 2072, Prague 11	 +420 272 932 652

Jogging

Prague isn't friendly to joggers for two simple reasons: cobblestones and San Francisco-like hills. But with a good pair of shoes and a willingness to catch a metro or tram in order to reach your starting point, you'll have no problems sticking to your running regimen abroad. And you'll hardly lack incentive – Prague is host to a number of annual races, both competitive and just-for-fun. You'll find more information about them at **Prague International Marathon: www.pim.cz**. Here are some of our recommendations for training grounds:

Stromovka (Bubeneč, Prague 6) The largest park in the city with very few hills, and series of soft dirt trails that offer relief from the cobblestones. The quickest route to the flat area of the park is through the Gotthardská Street entrance. You can either park on the street near this entrance or take Metro Line A to **Hradčanská** and walk or run the six blocks to the park.

Letná is not as large as **Stromovka**, but it is also a flat, pretty place to run (once you've scaled the hill beside the Vltava), and it's easy to reach from the city center.

Vinohrady Vinohradská Street's inclines and declines are gradual, and if you start at Italská and head east, you can run for nearly two miles over only a few cobblestone sections. If you want to extend your run, turn into **Olišanské cemetery** to run on its tree-lined paths.

Žižkov is another nice park to run in, but it's difficult to reach. Take tram 9, 10, or 16 to **Biskupcova** and begin your run from there.

Kunratic Forest, south of the city center in Prague 4, is ideal for running: loads of paths (some dirt and some paved), slightly hilly, well-shaded, and not too crowded, even mid-afternoon on a sunny weekend. Park near the **Globus Hotel** or take Metro Line C to **Roztyly**.

Yoga

Blissing out in Prague is easy as can be at one of the city's many yoga centers. Here you'll find a variety of styles to choose from (power yoga, ashtanga yoga, flow yoga, etc.) for just about any type of client (pregnant women, new mothers, men, children, those with special health and therapeutic needs), with classes ranging from absolute beginner to advanced. If you feel more comfortable 'ohm'-ing at home, private instructors are easy to find. For weekend warriors, Saturday and Sunday intensive workshops are commonplace; and teacher training is available for would-be yoga-instructors.

Prague Yoga with Monica Angelucci has it all: beginning to advanced classes, private sessions, and teacher training. All classes are taught in English. **Dr. Aruna Singhvi** recently brought her expertise to the city with a newly opened studio near Kotva. **Bikram Yoga** takes a new approach, offering yoga lessons in a heated room. In terms of pricing, private lessons are around 500 CZK per hour. Yoga studios and fitness centers usually charge a bit less, around 300 CZK per class, with package deals offering the best savings.

Yoga



Bikram Yoga Prague	 www.bikramyoga.cz
Karolíny Světlé 8, Prague 1	 +420 224 222 892
Hot Yoga Prague	
Hájkova 8, Prague 2	 +420 775 987 962
Lotus Centrum-Yoga	 www.centrumlotus.cz
Dlouhá 2, Prague 1	 +420 224 814 734
Prague Yoga with Monica Angelucci	 www.pragueyoga.cz
Plavecká 12, Prague 2	 +420 777 028 371

Swimming

A few tips before you take the plunge in Prague: most pools assign you a locker, often with a key on a wrist band that you can wear in the water, and many have private changing rooms for those inclined to modesty. There's usually a 'no shoes in the changing room' policy, and many pools designate an area near the entrance for removing the offending items and putting them in plastic bags to take in with you. Make sure you check the opening times before you visit – a lot of pools close midday. Expect to pay by how long you plan to stay – usually in 60 or 90 minute blocks. You'll typically pay 70–90 CZK per session. This might seem a bit restrictive (and steep) at first, but realize that unless you're a fish or in training, an hour and a half is ample time for a few laps. **TIP:** Hotel pools are an option as well. **Hotel Axa** is a favorite in the center of town, it's great for laps, and is popular with locals and hotel patrons alike.

Best for Kids

With great pool toys, a children's trampoline, and a twisty-turny water slide, **Aquapark Lagoon Letňany** is a kid's dream. As well as the water slide, you'll find a spa pool, kids' pool, and a 25-meter main pool. A bit out of the way but worth the trip.

Best for Getting Fit

PSA Hloubětín is a modern pool attached to a fitness complex. It has one 25-meter pool, one children's pool, and café cuisine that's surprisingly on the lighter side.

Best All-Around

For size, accessibility, facilities, and the sheer novelty of being able to swim outside in below freezing temperatures, **Podolí** can't be beat! The huge indoor pool, knee-knocking high diving boards, giant outdoor waterslide, and heated outdoor pool all make for a unique experience.

Best for Going 'Au Naturel'

The Sokol on Polská Street in Prague 2 houses your standard 25-metre pool, but things take an unexpected turn on Wednesdays nights from 7:30 to 8:30: No bathing suits allowed!

Best Hidden Gem

Any pool whose entrance is through the adjoining pub is worth at least one visit. **Pražacka Krytý Bazén** is a little old, a little run-down, and quite small, but it's cheap, it has amazing views of Prague and very warm water. It's only open a few hours a day during weekdays, with extended hours on weekends, making it the perfect place to take a few quick laps before downing a few lazy beers.

Swimming Pools



Aquapark Lagoon Letňany	 www.letnanylagoon.cz
Tupolevova 665, Prague 18	 +420 283 921 799
ČSTV - Plavecký stadion Podolí	 www.pspodoli.cz
Podolská 74, Prague 4	 +420 241 433 952
Go Žluté lázně	 www.o2zlutelazne.cz
Podolské nábreží, Prague 4	 +420 244 463 777
Hotel Axa	 www.hotelaxa.com
Na Poříčí 40, Prague 1	 +420 227 072 180

Hotel Olšanká Táborská 23, Prague 3	www.hotelolsanka.cz ☎ +420 267 092 202
Koupaliště Petyňka Otevřená 4, Prague 6	www.koupalisteptynka.cz ☎ +420 233 355 027
Pražacka Za Žižkovskou vozovnou 17, Prague 3	www.prazacka.cz ☎ +420 222 592 061
Pražské Pláže na Smíchově Hofejší nábreží, Prague 5	www.prazskaplaz.cz ☎ +420 222 520 362
PSA Hloubětín Hloubětínská 80, Prague 9	n/a ☎ +420 281 867 070
Sportcentrum YMCA Na Poříčí 12, Prague 1	www.scymca.cz ☎ +420 224 875 811

Biking

Bikers aren't permanent a part of the landscape in Prague as they are in Berlin, Amsterdam, or other major European cities. There are only about 60 kilometers (37 miles) of bike paths throughout Prague, most of them on the outskirts of the city. This fact, combined with all the high-speed motorists zipping about, has led to startling accident rates among cyclists. Yet city officials claim that they are dedicated to making Prague a safer place to cycle. In fact, the Prague City Assembly recently approved a project to build a four-kilometer cycling path in the former industrial district of **Vysočany**.

If you don't rely on a bicycle as your main mode of transportation and wish to explore the country on two wheels, the Czech Republic is the place for you. Prague itself is teeming with bike tour agencies that'll take you around Prague or out of the city for a day of sightseeing and biking. **City Bike** and **Praha Bike** are two such places with the latter offering tours outside of Prague to **Karlštejn** and **Český Kras**. Bike rentals are typically included in the package price (around 500 CZK per person; up to 1,000 CZK for tours outside of the city). Tours are cheaper when you get a group together.

Biking



Bike Ranch Palackého náměstí 2, Prague 2	www.bikeranch.cz ☎ +420 606 751 751
City Bike Královodvorská 5, Prague 1	www.citybike-prague.com ☎ +420 776 180 284
Cykloprag Řipská 27, Prague 2	www.cykloprag.cz ☎ +420 224 254 767
Cykloservis u Tyrše Jasejská 38, Prague 6	www.cykloservis-kola.cz ☎ +420 224 319 738
JM Sport Střelnická 1660, Prague 8	www.jmsport.cz ☎ +420 284 686 847
Praha Bike Dlouhá 24, Prague 1	www.prahbike.cz ☎ +420 732 388 880

Golf

The Czech Republic is quickly becoming a hotspot for golf holidays, though to get to some of the country's best courses you'll have to

leave Prague. But you needn't go far; **Golf Resort Konopiště** lies just 40 kilometers (25 miles) southeast of Prague. The resort boasts a 7,091-yard, 18-hole course for members, resort guests, and visitors. 50 kilometers (30 miles) east of Prague is **Golf Club Poděbrady**, one of the oldest 18-hole facilities in the country. With their lush greens, posh clubhouses, and sprawling expanses, these resorts are for the serious golfer.

Back in Prague you'll find a handful of decent courses. Most offer lessons, a pro-shop, 9-hole course, and an area for children. **Golf Hostivař** boasts a golf simulator and special kids' course; **Golf and Country Club Prague** in Braník has indoor/outdoor ranges and is easily accessible by tram; Best Golf is a family-oriented driving range. Golf Club Praha in Motol is geared toward the corporate set – their company golf academy facilitates business meet-and-greets.

Most clubs and courses are semi-private. Prices are cheap – usually starting at around 250 CZK for a nine-hole course, all the way up to 3000 CZK for one of the more challenging master courses. Lessons with a golf professional can range from 400 CZK for 25 minutes to 1000 CZK for 50 minutes. During the season (roughly April to October), most clubs are open from 8am-8pm. The majority of the courses here are the so-called parkland type which means they have a lot of trees. There aren't any "true" links as this is a land-locked country with no access to the sea; however, you will find some links-type courses that are flat without the trees. No clubs? No problem – most courses offer equipment rental, as well as pro shops and restaurants.

For a good introduction to golfing here, visit **GolfCzech** (www.golfczech.com). They offer a wealth of information on courses and tournaments, including a great search engine where you can find your course based on location, price or course type. **The Czech Golf Federation** (www.cgf.cz) has information on courses, clubs and other news although not a lot of it is in English. If your Czech is up to par, www.golf.cz has a ton of information on the golfing world.

Golf



Erpet Golf Centrum s.r.o.

Strakonická 2860/4, Praha 5

☎ +420 296 373 111

www.erpetgolfcentrum.cz ☒ recepce@erpet.cz



Tennis, squash, indoor golf (driving range, putting, chipping, FSG simulators), outdoor swimming pool, relaxation area, soccer field, pro shop, restaurant and hairdressing.

Best Golf Driving range Letňany, Toužimská ul, Prague 9	www.bestgolf.cz ☎ +420 777 109 130
Golf & Country Club Mstětice Mstětice, Zeleneč, Praha Západ	www.gccm.cz ☎ +420 326 997 190
Golf & Country Club Prague Vltavanů 982, Prague 4	www.hodkovicky.cz ☎ +420 244 460 435
Golf Club Hostivař Hornoměřcholská 565, Prague 10	www.golfhostivar.cz ☎ +420 724 124 818
Golf Club Poděbrady Na Zálesí 530, Poděbrady	www.golfpodebrady.cz ☎ +420 325 610 928

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Golf Club Praha	www.gcp.cz
Plešnická 401/2, Prague 5	+420 257 216 584
Golf Resort Konopiště	www.gcko.cz
Tvoršovice 27, Benešov	+420 317 784 044
Nova Amerika Country Club	www.novagolf.cz
Zaloňov 45, Jaroměř	+420 499 694 241
Royal Golf Club Mariánské Lázně	www.golflm.cz
P.O. Box 47, Mariánské Lázně	+420 354 624 300

Massage



Healing Angels

Ostrovského 3, Prague 5, metro B station Anđel
+420 773 610 138



www.healingangels.wbs.cz lucy.fells@seznam.cz

Oriental massages: Thai traditional, Thai oil, Thai feet massage, Chinese massage, Reflexology, Ayurveda, Champi - Indian head massage, Hawaii massage, Hawaii Hot Stones massage, Zen Touch Shiatsu, Aromatherapy, Body wraps and peelings, Facial.

Ayuma	www.namjai.cz
Kaprová 11, Prague 1	+420 222 328 747
Nam Jai	www.namjai.cz
Kaprová 11, Prague 1	+420 222 328 747
Sabai	www.sabai.cz
Na Příkopě 22, Prague 1	+420 221 451 180
TAWAN	www.tawan.cz
Nám. Curieových 100, Prague 1	+420 234 614 163
Thai Fit	www.thaifit.cz
Na Poříčí 21, Prague 1	+420 224 811 876
Thai World	www.thaiworld.cz
Celetná 6, Prague 1	+420 224 817 247

Rugby

The Czech Republic boasts an impressive 17 union teams. Seven of them are Prague based. **RC Praga Praha** (www.praga.rugby.cz) plays in Vysočany; **RC Říčany** (www.ricany.rugby.cz) is out in Říčany; And like all Czech sports, there's a **RC Slavia** and **RC Sparta** as well. RC Sparta Praha (www.sparta.rugby.cz) plays in Prague 9 - Podvinný mlýn. RC Slavia Praha (www.slavia.rugby.cz) plays on a new field in Vršovice.

The **Prague Barbarians Rugby Club** became part of RC Slavia last year, but was originally an expat team, playing for fun. Their home base is **The Lions British Bar** and contact with them can be made at info@thelionsbar.cz. **RC Tatra Smichov** (www.tatrasmichov.com) was formed in 1958. They play at the rugby stadium in Smichov. RC Petrovice (www.petrovice.rugby.cz) plays in Petrovice, Prague 10. And to prove how historic Czech rugby is; the country even has a member in the **European Golden Oldies Rugby association: Old Boys Praha** (www.oldboys.rugby.cz).

The **Czech Rugby League's** site www.czechrugbyleague.com is a good resource. This is the site for the **Czech Rugby League Association** which competes in **Rugby League European Federation** games. If you'd like to play and aren't sure where to start, visit www.canza.cz. There's a posting with information on a touch rugby game that is played weekly, seemingly year round.

Pilates

The Pilates trend, which focuses on strengthening core muscles (abdomen, lower back, hips, and buttocks), has caught on in Prague as well. Those looking to find their "center" as well as firm flab or sculpt muscles will do well at **Studio Pro Ženy** (www.studioprozeny.cz), a top pick among expats or Pilates Academy (www.pilates.cz) which also offers classes in English. Both are in the center of town.



Further afoot, **Body Style Prague** (www.bodystyle.cz) offers classes that are easier on the wallet but in Czech only.

Pilates

Body Style Prague	www.bodystyle.cz
Ostrovského 3, Prague 5	+420 257 312 231
Pilates Academy	www.pilates.cz
Křížovnická 7, Prague 1	+420 224 215 332
Studio pro ženy	www.studioprozeny.cz
Vodickova 20, Prague 1	+420 222 230 794

Baseball

While not the most popular sport in the country, baseball fans can still get their homerun thrills here in Prague. Probably the best place to start is the **Czech Baseball Association** (www.baseball.cz). The top flight is the **Extraliga**, which consists of eight teams; two (**Tempo Titans Praha** and **Křč Altron**) of which are from Prague. The season runs roughly April to the beginning of September with playoffs following - usually ending in October. The team to beat seems to be **AVG Drači Brno**, who is on a 13 national title winning streak. The **Českomoravská liga** has 12 teams, and again two are from Prague: **Kotlářka Praha** and **SaBaT Praha**. There's not a lot of information in English on the website, but the majority of it is dedicated to the **World University Baseball Championship. Prague Baseball Week** is an international tournament held at the **Křč Altron** fields (www.krcaltron.cz) in June. Nine teams are registered, including three Czech ones and three from the US. Last year, an ESPN writer included this tournament in his "Ultimate Baseball Experiences" (we ranked 7th.) This was the only European destination on the list, and big surprise, he mentioned the beer. It's all well and good to WATCH baseball, but come on, put me in coach! If you are looking for something a little more laid back, **The Prague Post** (www.praguepost.com) organizes a charity baseball tournament each fall called the **Heavy Hitters**. The game is played at the Křč fields, lots of corporate teams participate, and the money raised benefits the paper's educational efforts. Their sports section also covers the sport quite well, especially when it comes to the tournaments.