



SUMMER CAMP – INTERNATIONAL ACADEMY REAL VALLADOLID C.F.

DATES: From 22nd July to 28th July

PRICE: 3.390€/person

INCLUDED:

- Facilities and Training:
 - Training Equipment: T-shirt, pants, jacket and socks
 - Sports Equipment:
 - Design and implementation of the Sports program
 - Soccer training field
 - Coach technical talk
 - José Zorrilla stadium tour and Sports equipment
- Activities:
 - Nutrition Masterclass: 2
 - Physiotherapy Session: 1
 - Masterclass training: 1
- Accomodation:
 - Doble room individual use, full board
- Traslados:
 - From Madrid's Airport to the Valladolid Hotel to Madrid's Airport
 - From the Hotel to Real Valladolid Facilities and Back
- Activities:
 - Karts (3 rounds)
 - Tour Valladolid City (90 min)
 - Paintball (135 bolas)
 - Airball (75 min)
 - Archery Combat (60 min)
 - AX Blows (75 min)
 - Multi Adventure Park (3 h)
- Staff:
 - 1 staff 8h/day
- Medical insurance

PROGRAM

	22th MONDAY	23th TUESDAY	24th WEDNESDAY	25th THURDAY	26th FRIDAY	27th SATURDAY	28th SUNDAY
9:00	Madrid Transfer to Valladolid Lunch	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30							
10:00		Transfers Campos Anexos	Transfers Campos Anexos	Transfers Campos Anexos	Transfers Campos Anexos	Transfers Campos Anexos	
10:30							
11:00		Training	Training	Training	Training	Training	
11:30							
12:00		Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene	
12:30		hotel transfer	hotel transfer	hotel transfer	hotel transfer	hotel transfer	
13:00		Lunch	Lunch	Lunch	Lunch	Comida	
13:30							
14:00	Rest	Rest	Rest	Rest	Rest		
14:30							
15:00							
15:30							
16:00							
16:30	NUTRITION MASTERCLASS	Free Time	PHYSIOTHERAPY SESSION	Free Time	MASTERCLASS TRAINING	Transfer to Airport Madrid	
17:00							
17:30	Distributions of rooms	Transfer	Transfer	Transfer	Transfer		
18:00	Transfer						
18:30							
19:00	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5		
19:30	Training						
20:00							
20:30	Transfer	hotel transfer	hotel transfer	hotel transfer	hotel transfer		
21:00	Dinner	Dinner	Dinner	Dinner	Dinner		
21:30							
22:00	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene		
22:30	Family calls	Family calls	Family calls	Family calls	Family calls		
23:00							
23:30	Rest	Rest	Rest	Rest	Rest		
0:00							