

AGES 2002 - 2009



Jan 1st - 5th, 2020 | WATER POLO & FUN



WINTER CAMP



WATER POLO & FUN WINTER CAMP



BIWPA CAMP

BIWPA Winter Camp is designed for players from all around the world between 11 and 18 years old. Our sports program allows all levels of players to enjoy **high performance training**.

BIWPA suggests a perfect combination of **water polo training, physical preparation and leisure activities** that allows our athletes enjoy many

other sports activities while practicing the sport we all love!

The training sessions will be led by top-level national coaches and will take place at the magnificent facilities of the **High Performance Center** in Sant Cugat (Barcelona), a privileged place where the best athletes in Spain train daily.

WHAT IS INCLUDED

- » Two daily training sessions.
- » One daily dry-land session.
- » Nutrition and hydration service during workouts.
- » Video sessions on technical and tactical skills.
- » Masterclass by a top player of the Spanish league.
- » Sports report and certificate of completion.
- » BIWPA staff and supervisor 24/7.
- » Free Wi-Fi.
- » Welcome pack.
- » Medical emergency service at the High Performance Center.
- » Welcome service and airport transfers (included in the boarding program).





WATER POLO & FUN WINTER CAMP



TECHNICAL PROGRAM

The Winter Camp training is based on four aspects: technical, tactical, physical and mental. Each of these four aspects is developed intensively, and each is tailored to the player's stage, which depends on age, physical condition and water polo level.

The working groups will be formed according to the ages and the technical / tactical level of the participants in order to work with **balanced and competitive groups**. Additionally, we will also work with Specific groups based on players' roles in the team, in order to improve the skills of each player for their position in their home club.

During the training, the participants of our Camp could have the opportunity to work with the **Waticam**, an underwater camera that allows our athletes to perfect their individual technique and develop their personal best.

PROVISIONAL SCHEDULE

08:00h	Wake up - Breakfast
09:00h	Dry-land session / leisure activities
10:00-12:00h	Individual technical / tactical session (pool) Masterclass (once a week)
13:30h	Lunch
14:00h	Break
15:00h	Dry-land session / leisure activities
16:00h	Collective technical / tactical session (pool)
18:00h	Snack - Break
20:00h 21:00h	Dinner Spare time & sleep

● Day Camp

● Residential Camp



SPECIFIC GROUPS

GOALKEEPERS

ATTACKERS

CENTER DEFENDERS

CENTER FORWARDS



WATER POLO & FUN WINTER CAMP



ADVANTAGES OF THE PROGRAM

- » We offer a safe, **secure**, and **peaceful setting**. The High Performance Center is located within a gated facility with 24-hour supervision.
- » A **team of supervisors care for our athletes**. The supervisors live on campus and are responsible for the safety and welfare of the players.
- » **Accommodation** is adapted to the needs of athletes and is within a few minutes walk from the training facilities.
- » **Various activities are organized during the weeks** to allow for relaxation and full enjoyment of the campers stay at the High Performance Center.
- » **The camp is bilingual**: the two languages of the camp are Spanish and English, and our participants can improve their language skills in a fun and friendly environment.



ACCOMMODATION

Our athletes will be accommodated in a modern accommodation **ideal for young people** located in **CAR de Sant Cugat** and they will always have a **BIWPA supervisor 24/7** to help them with any questions they have and organize different activities to make your stay an unforgettable experience.





WATER POLO & FUN WINTER CAMP



COSTS (Flight not included)

RESIDENTIAL
January 1 - 5

DAY CAMP
January 2 - 5

Accommodation
Meals
Schedule
Airport transfers

Included
All inclusive
24h
Included

Not included
Lunch & Snack
09:00h - 18:00h.
Not included

PRICE

995€

495€

TERMS AND CONDITIONS

- » BIWPA reserves the right to modify or cancel this Camp.
- » BIWPA ensures that the participants of the Camp will never be out of the control of the technical staff of BIWPA and under no circumstances will they be forced to carry out any activity that could be considered risky.

CONTACT US AT CAMP@BIWPA.COM OR WHATSAPP (+34 648 403 549)!

