



# BASKETBALL TRAINING CAMP



## VITORIA



www.basketball-camp-spain.com



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# LANGUAGE & BASKETBALL CAMP



## ALICANTE



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## CONTACT INFORMATION

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## A development basketball camp

A Basketball Skills Development Camp for 12 to 18-year-old players who already have experience in playing basketball. In Spanish, this Basketball Camp has coaches and assistants from both Laboral Kutxa Baskonia and other clubs in Spain.

### INTENSE BASKETBALL TRAINING

Co-ed basketball training with an average of 5.5-6 hours per day. This instructional and basketball development camp includes: training on basketball techniques, tactic drills and competitions (shooting, 1 on 1, 3 on 3, and 5 on 5 games).

### ADDITIONAL COURSES

Monday, Tuesday, Thursday and Friday after lunch, all players have another course for 1 hour: Spanish or English lessons. Players could also choose videos and movies about basketball instead of lessons.

### RESIDENTIAL ACCOMMODATION

As a residential camp, players live in mini-apartments for 4 people in a two-star Apartment-Hotel and receive three menu-style meals per day plus a snack during the training sessions.

### FREE TIME ACTIVITIES

Swimming pool in the morning before lunch, shopping in a shopping centre and tour of Vitoria on Wednesday afternoon.

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ENJOY PLAYING BASKETBALL FROM SUNRISE TO SUNSET WITH AN INTENSE WORKOUT TO IMPROVE YOUR TECHNIQUE

One of the largest Basketball Skills Development Camps in Spain with a maximum capacity of 220 participants per week playing in groups of 10-12 players in 4 Sports Halls.

### SAMPLE TIMETABLE IN VITORIA

TIME	MONDAY TO FRIDAY
8:00	Wake-up
8:30	Breakfast
9:00	Departure for basketball courts
9:30-12:30	Basketball Training
12:30	Transportation, swimming pool, free time, shower and prepare for lunch
14:00	Lunch and free time at Buesa Arena
15:30-16:30	Language lesson, IT lesson, or Basketball lecture
17:30	Basketball Training On Tuesday, Wednesday & Thursday from 19:15 to 20:30 Basketball Camp League
20:30	Dinner
21:30-23:00	3 on 3 or shooting drills.
23:00	Return to the Residence
23:30	Lights out
	<b>WEDNESDAY AFTERNOON:</b> Free afternoon: swimming pool, shopping from 20:00 to 22:00, visit to the Vitoria city centre
	<b>SATURDAY (for 2-week camp)</b> Free time and Swimming Lunch & Free time 2nd week Camp Presentation Matches and scrimmages to form the training groups for the week.



\* 1 or 2-week camp from last week in June to first week in July with two options: day camp or residential camp.

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## A complete summer camp

An International Development Basketball Camp for 14 to 18 year-old teenagers with 4-5 years of basketball experience. The Basketball Camp is in Spanish and English, with coaches and assistants from both Spain, Serbia, and the USA.

### INTENSE BASKETBALL TRAINING

A Basketball Skills Development Camp for boys and girls including: individual technique training circuits, workshops focused on shooting and developing team work 1 on 1, 3 on 3, and 5 on 5.

### LANGUAGE COURSES IN SMALL GROUPS

Language immersion courses for teenagers make use of an active, practical and communicative methodology to guarantee that students learn Spanish as fast and effectively as possible.

### FIRST-CLASS ACCOMMODATION

As a full-board residential camp, players live in a three-star hotel and receive three buffet-style meals per day plus snacks and bottled water during the training sessions.

### WIDE RANGE OF ACTIVITIES

Additional free time activities in the afternoons and evenings: sightseeing, museum visits, tapas tastings, and beach trips. Players staying for both weeks take part in full-day excursions to an amusement park, Valencia or nearby villages at the weekend.

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BASKETBALL TRAINING IN THE MORNING, LANGUAGE COURSES IN THE AFTERNOON AND ACTIVITIES IN THE EVENING

A Basketball Camp where campers can expect to receive completely personalised care and support with a maximum capacity of 60 players and 7 participants per group in 2 Sports Halls.

### SAMPLE TIMETABLE IN ALICANTE

TIME	MONDAY TO FRIDAY
8:00	Wake-up
8:30	Breakfast
9:00	Departure for basketball courts
9:30-13:30	Basketball Training
14:00	Lunch and free time
16:00	Language lessons
18:30	Free time activities: Cultural visit, castle, beach, shopping, evening tapas, beach volleyball, water sports, dance lesson, arts & crafts, karaoke, Fiesta Museum, Volvo Ocean Race Museum, treasure hunts, etc. <i>* Activities change every week.</i>
21:00	Return to the accommodation
21:30	Dinner
22:00-23:30	Free time activities at the hotel (mini-golf, swimming pool) or at the beach
23:30	Lights out
	<b>FRIDAY</b> Farewell party
	<b>SATURDAY AND SUNDAY (for 2-week camp)</b> Full-day excursion to Valencia to visit the City of Arts and Sciences, Terra Mítica or Terra Natura Amusement Parks, Aqualandia, Elche, Altea, Villajoyosa, Tabarca Island, etc.



\* 1 or 2-week camp in the second half of July with two options: day camp or residential camp