



INSTRUCTIONS

CAMPUS LORBEEK 2016

- **Technical Team:**

The technical team is composed by Erazem Lorbek and Tomas Jofresa as Technical Director, and a group of specialized coaches variable depending on the number of entries each week. Besides, the technical team is complemented by a physiotherapist and a qualified teacher of English language.

Erazem Lorbek will participate in the different workouts, will provide participants with his experience, and will be with them for practically the entire Campus

- **Location and time of entry to the Campus**

Participants in internal regime must present themselves at Hotel Montanyà**** (Avda. Montseny, s/n, 08553 - SEVA, Barcelona), GPS coordinates X: 2.26060142933463, Y: 41.8054532592689.

The start and end dates of the Campus are:

	<u>Beginning</u>	<u>End</u>
	July 10, 2016	July 16, 2016

The entrance to the Campus on the first day will take place before 17.00h. At 17.15 h. an informative presentation to all parents will take place. It is a voluntary meeting, to which all parents are invited to attend, regardless of internal or external regime.

We recall that for all those in external regime, the Campus will start the following morning, at 9.00am (although from 8.00 a host service is offered free of charge).

Reaching the Campus will be by anyone's own means.

Once the introductory meeting will have finished (around 17.45-18.00 h), there will be a quick guided tour to the facilities (rooms, coaches halls, etc.).

Parents of participants in external regime which have brought their children to the first day of training, will have to pick up their child between 19.00 and 19.30h.

- **Departure time**

Participants of both internal and external regime will finish at 13.00 on the day of departure of each shift. We remind that the departure day is July 16 .

Parents and relatives of the participants who come to collect them, may come to the facilities El Montanyá from 10:00 a.m. and attend all activities carried out until 12:30, at which time participants will be released.

As they wash up and collect their luggage, a short meeting will take place to inform about that shift.

The day of departure, external participants must attend the Campus, as any other day.

Finally remember that the parents of participating in external regime can come to pick up their children every day at 20.00, but if you prefer to come before that, it is also possible provided that the Technical Manager is informed about that in advance.

- **Basketball Workouts**

All basketball workouts will take place inside the pavilion of the resort. Therefore, participants will not be exposed to the sun for hours. They will only be exposed to the sun for some other activities basically the pool.

- **English**

All activities will be in English, even though more emphasis will be put is on training and supervised activities. The daily English class will be taught by a qualified teacher. Classes may take place either in a classroom or outdoors, depending on the day. There is no need to carry any items (neither notebooks, or pens, nor dictionaries).

- **Pool**

Pool activities will be held daily, usually in the morning, led by our coaches. It is a supervised activity and coaches are with the participants at all times. This activity requires that each participant brings: swimming goggles, swimwear, flip flops, shower cap, bath towel and sunscreen. Coaches will daily remind participants to apply sunscreen. Younger children will be assisted to apply it on.

- **Clothing and equipment**

Apart from the items mentioned in the previous point, it is necessary to bring:

- ✓ Basketball workout shoes
- ✓ Sports shoes (not basketball but for multi-sports ones, walking shoes).
- ✓ Training socks
- ✓ Workout trousers
- ✓ Workout T-shirts
- ✓ Underwear
- ✓ Comfortable clothes (to wear when they are not carrying out any workout, to go to the dining room , for evening activities, ...)
- ✓ Two bath towels, a small / medium for face wash, and a larger one for bath / shower. The UAB Campus will supply one per week per participant but we advise to bring others with to the Campus).
- ✓ Personal care items (toothbrush, toothpaste, comb, deodorant, ...)
- ✓ Flashlight with spare batteries.
- ✓ No need to bring sheets or sleeping bag, food or drinks.
- ✓ It is not necessary to bring any money with. They will not need it at all.
- ✓ It is forbidden to bring any type of console, tablets or video games with.
- ✓ Concerning mobile phones, the Organization allows to bring them to the Campus. However, they will be in possession of the Director of the Campus. The Director will hand them out every day for 1 hour (from 20.00 to 21.00 h approx.) so that they can make calls as they will deem appropriate. After this daily hour mobile phones will be returned back to the principal.

Health cards: If you wrote the health insurance card number on the form you do not need to do anything further. If you did not, send us an email indicating only the health card number, and the name of your child. **YOU DO NOT NEED TO BRING ANY COPY WITH YOU ON THE FIRST DAY OF ARRIVAL TO THE CAMPUS.**

- **Rooms**

Participants will sleep in double rooms. The coaches of the Campus will carry out a daily check before going to bed to ensure that all participants rest for the necessary hours. Rooms of the coaches are strategically placed to control every room in a practical way.

- **Housekeeping in rooms**

Each participant has to keep his room clean. They have to make their bed every day, and leave everything tidy well before beginning the day's activities. Campus technicians carry out permanent control room, and if there is any participant who has not left the room in proper conditions, appropriate measures will be taken to correct it. Obviously, youngest participants will be help by the coaches.

- **Gifts for participants**

Each participant will be given a set of reversible shirt and pants. It will be delivered the last day before the day of departure, so that they can wear it in the morning of that last day.

Also, they will be given them a cap on the first day of the Campus. So, it is not necessary for them to bring one.

- **Lunch at the hotel for participants and accompanying persons**

Every day, including first and last day of each Campus shift, there is a menu available in the hotel restaurant. The lunch will be from 13h to 15h. For lunch bookings talk directly to the hotel receptionist.

- **Campus track on Facebook and Twitter**

Stay tuned on social networks to keep abreast of all the activities that we perform.

For that, register now at:

[Facebook.com/amlesport](https://www.facebook.com/amlesport)

[Twitter.com/amlesport](https://twitter.com/amlesport)

Regularly we will be hanging pictures of the different activities that your children are carrying out on Facebook. Do not miss them.