



CAMP ITALY 21

check it out!

With this camp we would like to offer the children an all-round package.

DAYS

9

DAYS

9

DAYS

9

DAYS

9

DAYS

9

DAYS

9

JUST ANOTHER CAMP?

ohhhh yes!

With this camp we would like to offer the children an all-round package. Our staff consists of 13 people. 9 trainers, a physiotherapist supervisor, etc. The child is with us every day from 8 am to 6 pm and is well looked after with breakfast, snacks and lunch. Great attention is paid to nutrition and it is also discussed with the children. Each trainer has his or her own specialty in the various skills: it is very important to describe everything precisely in three days, the children enjoy a total of 9 hours of ice training. ...

more



WHAT YOU GET FOR 500,00 €?

...a lot!

We don't want to look beautiful (even if someone is: D) on the website. Then your kids will get a few ice - practises and the end. We can not change habits in 3 days, but we can show the way to improve basic skills.

- nutrition plan
- training plan
- cap
- bottle
- t-shirt
- ...

more

TRAIN HARD – FEEL GOOD!

PSYSIO

1

SKILL COACHES

5

DAILY PROGRAM

Hard and intense!

DAY 1			
08:00	08:30	Check - in	
08:30	09:00	Warm - up, body activation	
09:10	09:30	Video analysis (practise) / Pre - practise snack / drink	
10:00	11:30	Ice practise	
11:50	12:00	After - practise snack / drink	
12:00	12:30	Cool - down	
12:45	13:30	Lunch	
13:45	14:40	Initial Examination	
14:45	15:15	Warm - up (yoga)	
15:15	15:40	Video analysis (practise)	
16:00	17:30	Ice practise	
17:50	18:00	After - practise snack / drink	
18:00	18:20	Full body stretching	
18:30	18:45	Water recovery	
18:00	18:45	PART 1 Discussion with parents. TOPIC : NUTRITION Q&A	

DAY 2			
08:00	08:30	Check - in	
08:30	09:00	Warm - up, body activation	
09:10	09:30	Video analysis (practise) / Pre - practise snack / drink	
10:00	11:30	Ice practise	
11:50	12:00	After - practise snack / drink	
12:00	12:30	Cool - down	
12:45	13:30	Lunch	
13:45	14:40	Initial Examination	
14:45	15:15	Warm - up (yoga)	
15:15	15:40	Video analysis (practise)	
16:00	17:30	Ice practise	
17:50	18:00	After - practise snack / drink	
18:00	18:20	Full body stretching	
18:30	18:45	Water recovery	
18:00	18:45	PART 1 Discussion with parents. TOPIC : NUTRITION Q&A	

DAY 3			
08:00	08:30	Check - in	
08:30	09:00	Warm - up, body activation	
09:10	09:30	Video analysis (practise) / Pre - practise snack / drink	
10:00	11:30	Ice practise	
11:50	12:00	After - practise snack / drink	
12:00	12:30	Cool - down	
12:45	13:30	Lunch	
13:45	14:40	Initial Examination	
14:45	15:15	Warm - up (yoga)	
15:15	15:40	Video analysis (practise)	
16:00	17:30	Ice practise	
17:50	18:00	After - practise snack / drink	
18:00	18:20	Full body stretching	
18:30	18:45	Water recovery	
18:00	18:45	PART 1 Discussion with parents. TOPIC : NUTRITION Q&A	



be rebel – THE CAMP
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