



#CHECK

CAMP ITALY 21

check it out!

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

DAYS	WHEN	WHERE
9	18 - 20 June 2021	Würtharena Egna, Italy
AGES	PRICE	WHO
2012 - 2008	500,00 €	30 Players + 4 Goalies

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
camp@be-rebel.com

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