

# #CHECK

## CAMP ITALY 21

check it out!

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

<b>DAYS</b> 9	<b>WHEN</b> 18 - 20 June 2021	<b>WHERE</b> Würtharena Egna, Italy
<b>AGES</b> 2012 - 2008	<b>PRICE</b> 500,00 €	<b>WHO</b> 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
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