

# DARIO COACH CAMP

FROM JULY 16TH TO THE 22TH

TARRAGONA - (AYR TARRAGONA)

**+INFO**

COLLABORATIONS:

**AYR**







# THE CAMP

DARIO COACH CAMP IS A UNIQUE EXPERIENCE WHERE YOU'LL BE ABLE TO TRAIN WITH ONE OF THE MOST INFLUENTIAL EUROPEAN COACHES

DARIO HAS CREATED HIS OWN TRAINING METHOD IN WHICH HE TRAINS SOME OF THE BEST PLAYERS IN THE WORLD (NBA,EUROLEAGUE, WNBA...)

WE TAKE THIS METHOD TO THE CAMP, SO THAT BOYS AND GIRLS, WHO LOVE BASKETBALL, ENJOY AND IMPROVE THEIR SKILLS AND DECISION MAKING



# ¿WHEN & WHERE?



## ■ DATES:

- FROM JULY 16TH TO THE 22TH

## ■ WHERE:

- ACCOMMODATION: RESIDENCIA UNIVERSITARIA TARRAGONA REVISA
- PERFORMANCE CENTER: AYR TARRAGONA

## ■ ¿WHO CAN COME IN?:

- BOYS & GIRLS
- BORN FROM 2011/2010/2009...



DATES



# FACILITIES



**PERFORMANCE CENTER  
AYR TARRAGONA**



**RESIDENCIA UNIVERSITARIA  
TARRAGONA "REVISA"**



**POOL TARRAGONA  
PÁDEL INDOOR**







# ACCOMMODATIONS



## INCLUDES:

- FULL BOARD
- GYM
- ROOMS
- BASKETBALL COURTS



## RESIDENCIA UNIVERSITARIA TARRAGONA "REVISA"

ADDRESS: CAMPUS COLEGIO "LA SALLE"  
AV.PAÏSOS CATALANS, S/N, 43007  
TARRAGONA







# TRAINING SESSIONS



## "AYR TARRAGONA"

ADDRESS: POLÍGONO INDUSTRIAL  
FRANCOLÍ, PARCELA 27 S/N, BAJO NAVE 7,  
43006 TARRAGONA



## +INFO:

- WEB: [WWW.AYRTARRAGONA.COM](http://WWW.AYRTARRAGONA.COM)
- INSTAGRAM: @AYRTARRAGONA





# ¿WHAT DO WE TRAIN?

#DALEFLOWATUJUEGO

THE WORKOUTS GOALS ARE FOCUSED TO IMPROVE THE INDIVIDUAL'S FUNDAMENTALS, WORKING ON TECHNICAL AND TACTICAL SKILLS

MORNING SESSIONS FOCUS ON LEARNING THESE FUNDAMENTALS AND IDENTIFYING WHEN THE PLAYERS NEED TO USE THESE RESOURCES

IN THE AFTERNOON SESSIONS WE ARE GOING TO APPLY THE FUNDAMENTALS LEARNT IN THE MORNING TO TEAM SCENARIOS

IN A TEAM COMPETITION SETTING, THE PLAYERS WILL HAVE THE CHANCE TO APPLY EVERYTHING THEY HAVE LEARNT





# WHEN WE ARE NOT TRAINING...

## ¿WHAT DO WE DO?

- POOL
- REST IN THE ACCOMMODATIONS
- TAKE CARE OF THE PLAYER THROUGH OUR PHYSIO SERVICES
- GAMES
- TALKS AND WORKSHOPS ABOUT BASKETBALL AND HEALTH
- VISITS (INFLUENCERS, PROFESSIONAL PLAYERS, COACHES, ETC.)





# DAYLY SCHEDULE



8:45h	BREAKFAST
10:00h	PHYSICAL
10:30h	WORKOUT
12:00h	POOL
14:00h	LUNCH TIME
15:00h	REST TIME
16:30h	WORKOUT
18:00h	POOL
20:15h	DINNER TIME
22:00h	COMPETITION
00:00h	SLEEP



DAYLY SCHEDULE





# FIRST DAY

## ■ RECEPTION (DAY 1)

- JULY 16TH
- 4:30 PM
- RESIDENCIA UNIVERSITARIA  
TARRAGONA REVISA

## ■ PLAYERS INSTALLATION

## ■ TRAINING SESSION (OPEN TO FAMILIES)

- 5:30 PM
- AYR TARRAGONA



# LAST DAY

## ■ PICK UP (LAST DAY)

- JULY 22TH
- 5:00 PM
- AYR TARRAGONA
- FINALS (OPEN TO FAMILIES)
- AWARDS
- END OF THE CAMP

■ **PLAYERS WILL HAVE ALL OF THEIR  
SUITCASES READY TO LEAVE AFTER THE  
AWARDS**





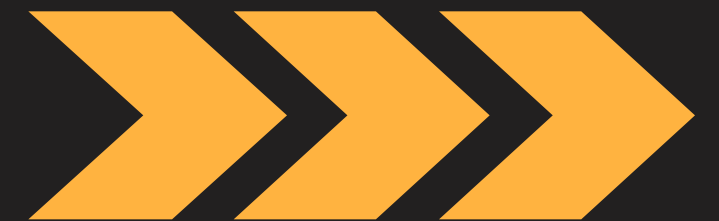
# REGISTRATION

## DARIO COACH CAMPUS

16 AL 22 DE JULIO

TARRAGONA - (AYR TARRAGONA)

[+INFO](#)





# REGISTRATION

## • LIMITED SPOTS

- FILL OUT THE INSCRIPTION FORM (FREE)
- FROM HERE, WE'LL MAKE A SELECTION OF PLAYERS THAT ADJUST TO THE CAMP'S NEEDS
- IN A FEW DAYS/WEEKS, WE'LL SEND YOU AN E-MAIL WITH THE DEFINITIVE INSCRIPTION FORM FOR BOOKING YOUR SPOT
- ONCE YOU FILL THE DEFINITIVE INSCRIPTION FORM, WE'LL CONFIRM YOUR CAMP ASSISTANCE

## • CONDITIONS

- GOOD FUNDAMENTALS BASE
- GOOD WORK ETHIC DURING THE TRAINING SESSIONS
- STRIVE TO GET BETTER





# INVESTMENT

THE INVESTMENT TO ATTEND THE  
“DARIO COACH CAMP” IS 550€

## INCLUDES:

- ACCOMMODATIONS AND FULL BOARD
- TRAINING CLOTHES (3 UNIFORMS)
- TRAINING PROGRAM
- PHYSIOTHERAPIST SERVICE
- TRANSFER FROM ACCOMMODATION TO AYR TARRAGONA
- ACTIVITIES (POOL, GAMES, TALKS...)
- AWARDS
- INSURANCE







# INVESTMENT

**SINGLE PAYMENT: 550€**

**AT THE TIME OF REGISTRATION**

**PARTIAL PAYMENTS: 580€**

**1. FIRST PAYMENT: 200€**  
**(AT THE TIME OF REGISTRATION)**

**2. SECOND PAYMENT: 190€**  
**(BEFORE MAY 10TH)**

**3. THIRD PAYMENT: 190€**  
**(BEFORE JUNE 15TH)**

**PAYMENT MODE:**

**1. BANK TRANSFER**

**2. WE'LL SEND YOU THE  
ACCOUNT NUMBER BY  
E-MAIL ONCE YOUR  
REGISTRATION IS  
CONFIRMED**



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COLLABORATIONS:

AYR

## CONTACT

**WEB:**

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**Email:**

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[info@ayrtarragona.com](mailto:info@ayrtarragona.com)

**\*FILL OUT THE INSCRIPTION FORM (FREE)**