



Training-stages

We have the facilities and coaches to arrange camps for most sports. Together with you we can put together a comprehensive programme which will typically include

- Round trip bus transportation between Alicante airport and our resort – and between the resort and the sports facilities if needed
- Accommodation with full-board according to your preferences
- Guidance and support at site 24/7
- Agreed training programme – with Spanish coaches as an optional offer
- Water during training as well as all necessary aids means
- Friendly matches or tournaments when desirable relevant
- Various relaxing and leisure activities
- Optional alternative training or sports-service for development and/or fun – e.g. sunrise-run, yoga, dance, alternative sports, ice bath etc.

