

# SIA ACADEMY CHRISTMAS CAMP

December 26th - 30th / January 1st - 5th 2024 - 2025



### SIA ACADEMY EMPOWER YOUR INNER PLAYER

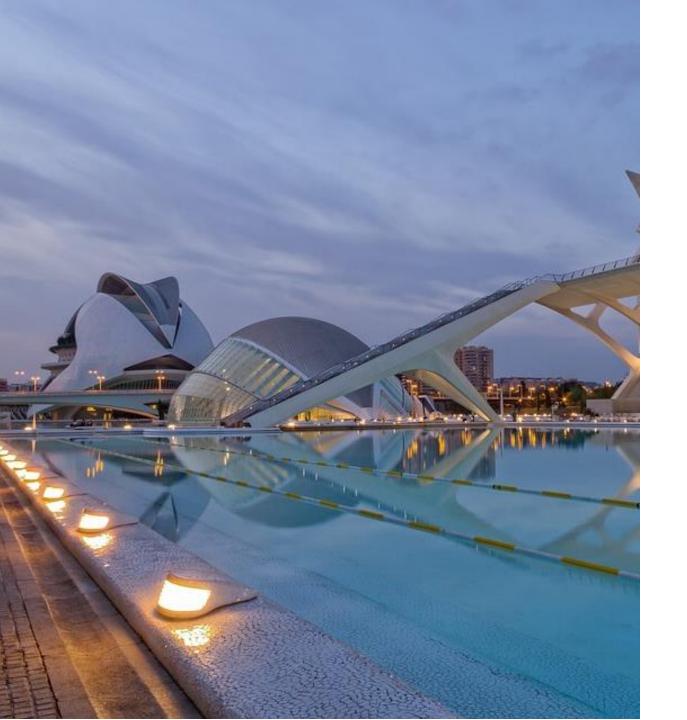
SIA Academy is a high-performance football academy whose purpose is to provide an outstanding integral program to young talents, giving them access to the best resources and opportunities to **empower their inner players** to become professionals.

An international initiative that combines sport, education, sports medicine, and innovative technology, in an ideal context that optimizes the performance of players, coaches and teams; promoting an inclusive and respectful environment, committed to help them create their future as athletes and furthermore as human beings.











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Located in Enguera, 40 kms from Valencia city center

Valencia is ranked as the world's best city to live and work in, according to Fobes, due to its pretty beaches, buzzing food scene, and rich culture

Great weather and chances to explore nature, as well as touristic activities including visits and trainings in first division team stadiums

# SIA ACADEMY ELITE FACILITIES







#### **FOOTBALL FIELDS**

- Natural Grass field F11 (FIFA official measures)
- Small natural grass field goalkeepers and technical training
- Artificial grass field F11. 3G synthetic surface technology
- Certified LED lighting for sports practice

#### RESTAURANT

- Available for everyday meals
- Food prepared with the guidance of a nutritionists
- Location with great view of the pitches
- Relaxing terrace

sia academy

7 changing rooms completely equipped



#### RESIDENCY

- Rooms with a single or double bed, bathroom, air conditioner, TV and wardrobe included.
- Professional and semi profesional players rooms
- Cleaning service and laundry.
- 24 hours security, cameras and video surveillance system.

GYM

- Sports gym for players.
- Equiped with fitness machines and technology.
- Physical trainer support for personalized routines if needed.

SI3 academy





#### **SPORTS CLINIC**

- Clinic area ready for any injury or problem that might occur.
- Partnership with 2 clinics of the area to offer the best medical service.

#### STUDY AND MEETING ROOMS

- Study room oriented to academic responsibilities
- Open lounge available for academic purposes







#### PLAY ROOM

- Table tennis and pool tables.
- TV screen with wide range of channels and transmission of all football and sports games.
- Relax room with sofas and TV screen.

SWIMMING AND RECOVERY POOLS

Located beside the natural Grass pitch, used for leisure and recovery.



# FOOTBALL PROGRAM





#### Boys and girls 14 to 22 years old

### WEEKLY PROGRAM



Improve football skills with high-perfomance quality



December 26<sup>th</sup> – 30<sup>th</sup> January 1st – 5<sup>th</sup> Choose 1 or 2 weeks

- 13 training sessions
  Physical training
  Anthropometric data
- Video Analysis
- ✓ Workshops
- ✓ Coach interviews



### **METHODOLOGY**

- The player as the principal character of the development
- Adapted to each player's age and level

Nutrition and Sports Psychology

Injury prevention and recovery





#### **PHYSICAL TRAINING**

#### **NUTRICIONIST**





#### **VIDEO ANALYSIS**



#### **WORKSHOPS**





### **SIA STAFF**

#### COACHES

- ✓ Coaches with EUFA PRO licences
- ✓ Bachelors in physical activity and sports
- ✓ Trainings in english and spanish
- Experience in first division european clubs

#### SPORTS SPECIALISTS

- Physical Trainer
  Nutritionist
- Sport Psychologist
- Physioterapist
- Sports Clinic and Doctor

#### RESIDENCY

- Academy DirectorResidency Coordinator
  - 24/7 Academy tutors







### SCHEDULE

HOURS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:10H – 8:30H	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
8:30H – 9:00H	PERSONAL HYGIENE & ROOM ORGANIZATION				
9:00H – 10:30H	TRAINING SESSION	TRAINING SESSION	TRAINING SESSION	TRAINING SESSION	TRAINING SESSION & DIPLOMAS
10:30H – 11:00H	SNACK				
11:00H – 12:30H	TRAINING SESSION	TRAINING SESSION	TRAINING SESSION	TRAINING SESSION	PLAYERS CHECK-OUT
12:30H – 13:30H	POOL	POOL	POOL	POOL	
13:30H – 14:00H	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	
14:00H – 15:30H	BREAK				
15:30h – 16:15h	NUTRITION CLASS	WORKSHOP	COACH INTERVIEWS	VIDEO ANALYSIS	
16:15H – 17:00H	ACADEMY TOUR			PSYCHOLOGY	
17:00H – 17:30H	SNACK				
17:30H – 19:00H	TRAINING SESSION	TRAINING SESSION	TRAINING SESSION	TRAINING SESSION & DIPLOMAS	
20:00H – 20.30H	GAMES - LEISURE				
20:30H – 21:30H	DINNER TIME	DINNER TIME	DINNER TIME	DINNER TIME	
22:30H	ROOM AND REST TIME				

Example of a weekly schedule, could vary according to the academy considerations.







# **PROGRAM AND FEES**

#### **FOOTBALL PROGRAM**

- ✓ Football program from Tuesday 8:30 am to Saturday 12:00 pm
- ✓ 13 Training Sessions
- ✓ 2 Training Kits
- ✓ SIA Academy Facilities
- ✓ Tutors 24 hours / day
- ✓ Certificate of Completion

#### ACCOMODATION

✓ Full board

- ✓ Double Rooms
- ✓ 5 Meals Included
- ✓ Laundry service
- ✓ Room Cleaning

#### **EXTRA SERVICES**

Extra night or day after campus	75€*
Valencia Airport pick up	120€
Valencia Airport drop off	120€
Alicante Airport pick up	200€
Alicante Airport drop off	200€



### **PROGRAM AND FEES**



#### **IMPORTANT INFORMATION**

- The weeks are from Tuesday to Saturday, in case of choosing 2 consecutive weeks, it will be from Tuesday to the following Saturday, therefore, Saturday afternoon, Sunday, and Monday between the 2 weeks would be included.
- ✓ In case you want to contract more than 2 weeks, please contact us by phone or email.
- ✓ \*10% discount for former participants or for siblings
- ✓ \*\*Non-cumulative discounts



# CANCELATION POLICY

- ✓ There is no rights to refund.
- In case the participant is unable to attend to the program, they will be able to exchange it with another campus organized by Soccer Inter-Action.
- The organization is exempt from any responsibility regarding the health condition of the participant, since Soccer Inter-Action will ensure the correct compliance of the stipulated protocol.





All our information was carefully selected and provided from 2024 © Soccer Inter-Action Confidential Information

We are at your disposal for any inquiries.

