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# GIRONA FC RESIDENTIAL PRO CAMP IN SPAIN

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**SUMMER 2025**

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# ***DATES***

***WEEK 1: JULY 13TH TO JULY 19TH.***

***WEEK 2: JULY 20TH TO JULY 26TH.***

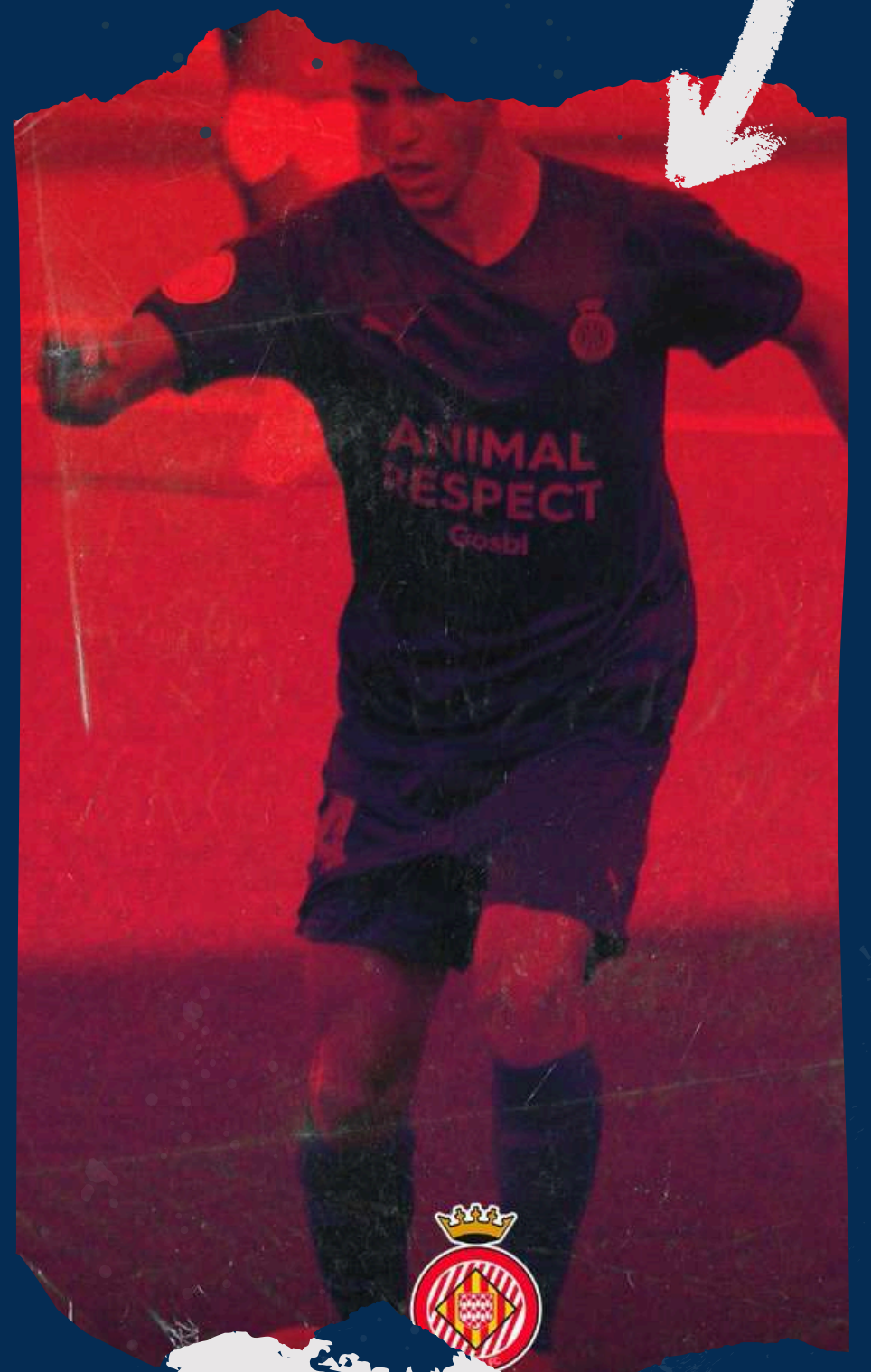
***\*CHOOSE BETWEEN 1 OR 2 WEEKS***

# ***LOCATION***

***PRO RESIDENTIAL CAMP IN BARCELONA CITY***

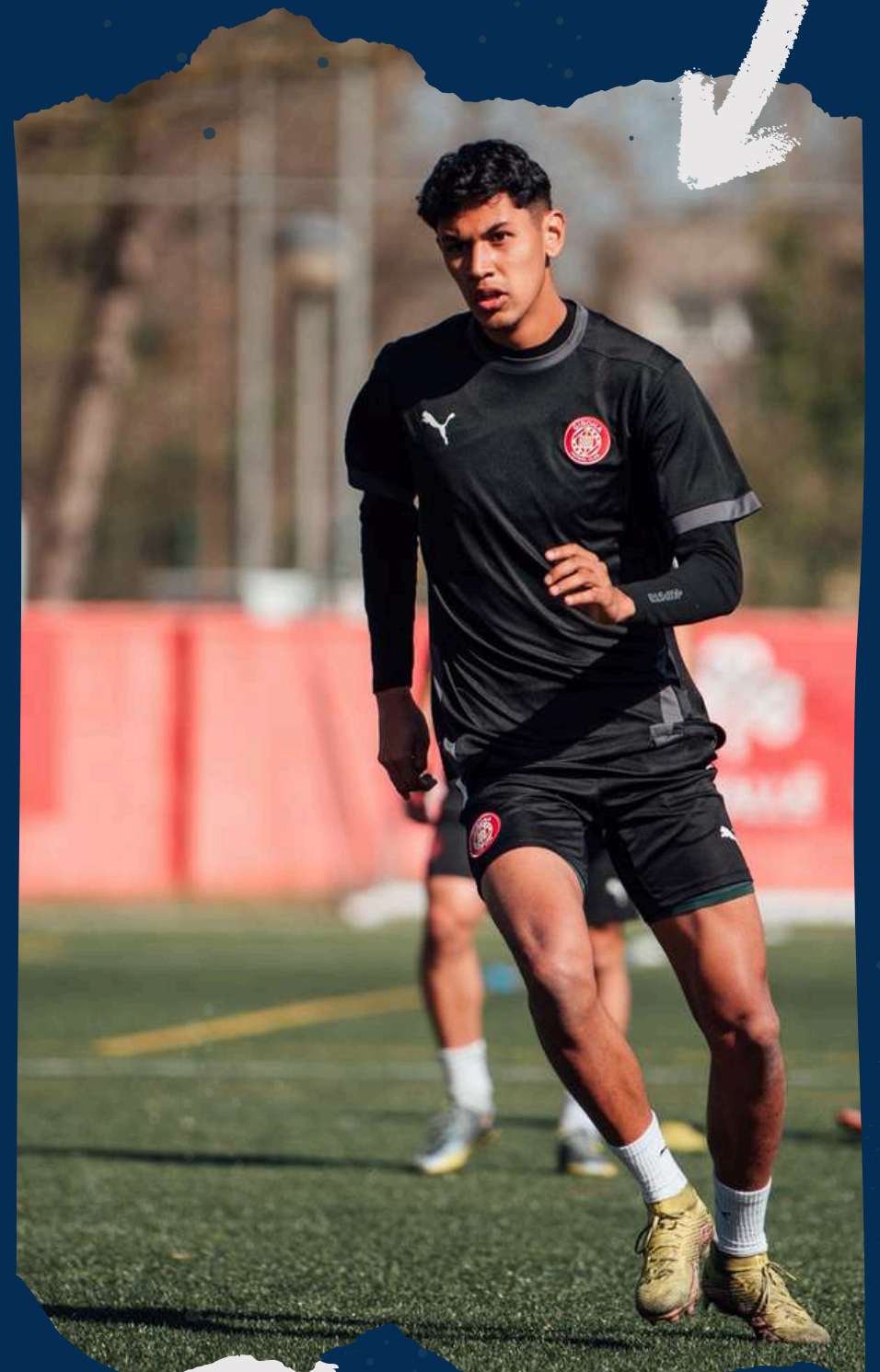
# ***AGES***

***BOYS & GIRLS BORN 2016 TO 2010***



# ***WHAT'S INCLUDED***

- ***ACCOMMODATION WITH FULL BOARD AT LA SALLE BONANOVA RESIDENCE (WITHIN THE SAME FACILITY), INCLUDING FOUR MEALS A DAY.***
- ***MORNING (9:00 AM – 12:45 PM) AND AFTERNOON (5:30 PM – 7:00 PM) TRAINING SESSIONS LED BY PROFESSIONAL COACHES FOLLOWING THE GIRONA FC ACADEMY METHODOLOGY.***
- ***SPECIALIZED GOALKEEPER TRAINING.***
- ***ACCESS TO THE FACILITY'S PRIVATE SWIMMING POOL.***
- ***OFFICIAL MERCHANDISE GIVEAWAY.***
- ***LAUNDRY SERVICE FOR CAMPUS TRAINING GEAR.***
- ***OPENING AND CLOSING CEREMONIES FOR PLAYERS, OPEN TO FAMILIES.***





# WHAT'S INCLUDED

- **WEEKLY FOOTBALL-RELATED OUTING:**
- **WEEK 1 (JULY 14 – JULY 18): GIRONA DAY – TRAINING AT GIRONA FC ACADEMY FACILITIES AND A TOUR OF MONTILIVI STADIUM.**
- **WEEK 2 (JULY 21 – JULY 25): FUTPRO – TRAINING AT EUROPE'S LARGEST HIGH-TECH SOCCER HUB.**
- **(WEEKLY OUTINGS ARE EXCLUSIVELY FOR PLAYERS ENROLLED IN THAT SPECIFIC WEEK.)**
- **WEEKLY CULTURAL EXCURSION: A SIGHTSEEING TOUR OF BARCELONA.**
- **PHYSIOTHERAPY SERVICES.**
- **STREET FOOTBALL SESSIONS.**
- **THEORETICAL MASTERCLASS AND VIDEO ANALYSIS BASED ON THE GIRONA FC METHODOLOGY.**





# ***WHAT WILL PLAYERS RECEIVE?***

- ***OFFICIAL TRAINING KIT: TWO JERSEYS, TWO SHORTS, AND TWO PAIRS OF SOCKS.***
- ***GIRONA FC CAMPUS TOWEL.***
- ***WELCOME PACK: GIRONA FC CAP AND A PUMA FOOTBALL.***
- ***OFFICIAL PARTICIPATION DIPLOMA.***
- ***INDIVIDUAL FOOTBALL PERFORMANCE REPORT.***



# WEEKLY SCHEDULE

## SUNDAY

- 17:30 - 19:00 → CHECK-IN + WELCOME FAMILY MEETING

## MONDAY

- 07:30 - 08:15 → BREAKFAST
- 08:30 - 09:00 → MORNING MEETING
- 09:00 - 12:45 → TRAINING SESSION
- 13:00 - 14:45 → SHOWER + LUNCH
- 15:00 - 16:30 → MASTERCLASS
- 16:30 - 17:15 → PHYSIOTHERAPY / REST
- 17:30 - 19:00 → INDIVIDUAL TRAINING
- 19:00 - 19:45 → SHOWER
- 20:00 - 21:00 → DINNER
- 22:00 - 23:00 → BEDTIME

## THURSDAY

- 07:30 - 08:15 → BREAKFAST
- 08:30 - 09:00 → MORNING MEETING
- 09:00 - 12:45 → GIRONA DAY - TRAINING AT GIRONA FC ACADEMY + TOUR OF MONTILIVI STADIUM
- 13:00 - 14:45 → SHOWER + LUNCH
- 15:00 - 16:30 → PHYSIOTHERAPY / REST
- 16:30 - 17:15 → FUTSAL
- 17:30 - 19:00 → SHOWER
- 20:00 - 21:00 → DINNER
- 22:00 - 23:00 → BEDTIME

## TUESDAY

- 07:30 - 08:15 → BREAKFAST
- 08:30 - 09:00 → MORNING MEETING
- 09:00 - 12:45 → TRAINING SESSION
- 13:00 - 14:45 → SHOWER + LUNCH
- 15:00 - 16:30 → BARCELONA TOUR
- 16:30 - 17:15 → BARCELONA TOUR
- 17:30 - 19:00 → COMPETITION
- 19:00 - 19:45 → SHOWER
- 20:00 - 21:00 → DINNER
- 22:00 - 23:00 → BEDTIME

## FRIDAY

- 07:30 - 08:15 → BREAKFAST
- 08:30 - 09:00 → MORNING MEETING
- 09:00 - 12:45 → TRAINING SESSION
- 13:00 - 14:45 → SHOWER + LUNCH
- 15:00 - 16:30 → MASTERCLASS
- 16:30 - 17:15 → PHYSIOTHERAPY / REST
- 17:30 - 19:00 → COMPETITION
- 19:00 - 19:45 → SHOWER
- 20:00 - 21:00 → DINNER
- 22:00 - 23:00 → BEDTIME

## WEDNESDAY

- 07:30 - 08:15 → BREAKFAST
- 08:30 - 09:00 → MORNING MEETING
- 09:00 - 12:45 → TRAINING SESSION
- 13:00 - 14:45 → SHOWER + LUNCH
- 15:00 - 16:30 → VIDEO CALL
- 16:30 - 17:15 → POOL
- 17:30 - 19:00 → COMPETITION
- 19:00 - 19:45 → SHOWER
- 20:00 - 21:00 → DINNER
- 22:00 - 23:00 → BEDTIME

## SATURDAY

- 07:30 - 08:15 → BREAKFAST
- 08:30 - 09:00 → MORNING MEETING
- 09:00 - 12:45 → FINAL TRAINING SESSION + DIPLOMA CEREMONY + PRIZE DRAW
- 12:45 - 13:00 → CHECK-OUT

# PRICE

- 1 WEEK: \$2,395
- 2 WEEKS: \$3,950

**SCHEDULE A CALL**

**APPLY HERE**

