



# HIGH PERFORMANCE

WOMEN EXPERIENCE

CD ALCALÁ DE HENARES  
APRIL (SPRING BREAK EDITION)  
13 TO 20

# » WHO IS IT INTENDED FOR?



**INTERNATIONAL PLAYERS BORN FROM  
2014 UNTIL 2008**



*The Atletico de Madrid Academy, due to its high degree of collaboration and respect towards any club or sporting entity, informs that all those players who are interested in participating in this experience and come from a club belonging to 1st or 2nd Division of the Professional League of their country or similar, should contact the organization of the campus through the established channel to comply with the procedure provided.*

# » OUR CLINIC



The experience includes morning and evening training, along with recreational and educational activities detailed in the program. The organization is weekly.



The essence of our program is to approach the work with the player in the most individualized way possible. Thanks to our previous analysis in the application, we can know the positioning and conditions of each player, being able to adapt the training sessions to the needs of our players





# SPORTS CENTER

The Alcalá de Henares Sports Center, training venue of the women's first team and official headquarters of the UEFA Youth League.



Stadium with capacity for more than 3000 people.



6 football fields



35 changing rooms.



Medical centre.



Physical therapy and rehabilitation rooms.



Multimedia rooms.



Cafeteria and restaurant.



# RESIDENCE



01

## Our location

The Atlético de Madrid Residence, located in San Sebastián de los Reyes, Madrid, will provide you with all the comforts to enjoy a top-level sports experience.

02

## 100% Atleti experience

Facilities themed, completing the Atlético de Madrid experience. You will live wrapped in the colors and spirit of the Club.



### Leisure

Recreation areas, terrace and lounges, where players can relax and share their experiences.



### Security

The facility has security and personnel available 24 hours a day.



### Food

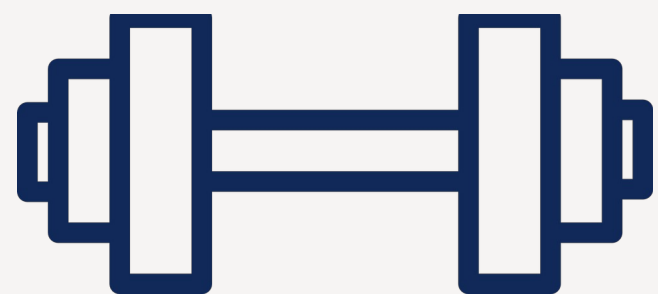
Buffet prepared by the club's nutritionists, following standards of an elite athlete's diet



### Classes

There are classrooms where the different language classes will be taught during the stay.

# »» FACILITIES



## GYM

A fully equipped space with state-of-the-art equipment to improve players' physical condition



## Physical therapy and Recovery Room

All players will be assisted in case of any injury by our team of professionals.



## Study rooms

The sports center has two study rooms where coaches will teach the different tactical-technical classes.

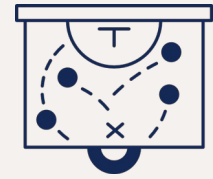


# ➔ ABOUT OUR OFFICIAL ACADEMY STAFF



A differential aspect of our program is to be able to count on our own coaches, physical trainers and analysts of our Academy teams. Thanks to their experience, knowledge of the methodology and technical development applied to the game, they will take your performance to a higher level.

In our technical STAFF each week we will always have:



**Official Academy coaches:** our coaches participating in the Campus lead their own team within the Academy structure. They will develop the work microcycle of the week in line with the rest of the technical staff and will live together during the week at the hotel.



**High Performance Analyst:** will record each and every one of the participants for subsequent analysis with the creation of an individual video that will be sent to the player, which will detail positive aspects and aspects to improve.



**Physical trainer of the Academy:** will lead the activation work, measurements, gym and return to calm according to the periodization of our teams.





# ➤➤ ABOUT OUR OFFICIAL ACADEMY STAFF



**Monitor and educator:** responsible and accompanying the players 24 hours a day. They will live with the players and accompany them in all transports and experiences, leading the group dynamics for the improvement of coexistence.



**Medical staff:** on-site care of players in case of any incident.



**Coordination and Sports Management of the International Area of the Academy:** day to day follow up and internal management.





# »» WHAT DOES THE PROGRAM INCLUDE?



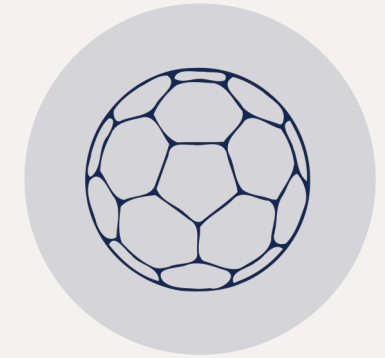
Accommodation in official high performance Academy Residence.



Daily transportation included. Possibility of pick-up at the airport and station.



Medical insurance for injuries + sports accidents. Additionally, each participant must bring their private insurance.



Eight (8) morning workouts (in double session) of 50' and three (3) afternoon workouts of 75'.



Full board and laundry service.



Personalized video of technical-tactical actions and player's report by the club's official analyst.



Monitor responsible for the group 24 hours a day.



Visit to Madrid City.

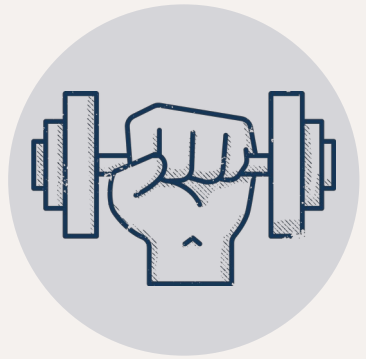


Visit to Riyadh Air Metropolitano\* and Territorio Atleti.

\*The visit to the stadium can be suggested to changes



# »» WHAT DOES THE PROGRAM INCLUDE?



Activation and strength development workouts in the gym.



Visit to the Legends Museum, Home of football.



Certified diploma by the Atlético de Madrid Academy.



Personalized official first team jersey screen-printed with the player's name.



Group dynamics aimed at improving team building.



Formative talks (club values and player analysis).

# ➔ ADDITIONAL INFORMATION

01



## Staff

A monitor or coordinator will come with the driver to pick up the player at the station or airport. The monitors will be in coexistence with the players 24 hours a day covering all the needs that they may have.

02



## Emergencies

All participants in the program will be insured under our private medical accident and sports injury insurance.

Additionally, as an essential requirement for participation, they must bring their private medical insurance, as the coverage provided by our insurance is exclusive to sports practice.

03



## Transport

All transportation is included in the program. The transports, will be carried out by our staff and/or private drivers. They will be in charge of receiving them at the agreed spot as well as transporting the players to and from each activity.

04



## Equipment

Players will be provided with full equipment (3 T-shirts, 3 shorts, 3 pairs of socks) Official Academy walking outfit (polo shirt, 2 sweatshirts, pants) for the entire stay and daily laundry service.

05



## Include always in your luggage

- Winter clothing (Comfortable personal clothing intended for low temperatures)
- Soccer boots and street running shoes.
- Flip-flops, towel, bathing suit and toiletry bag.
- It will not be allowed to wear or bring clothes or backpacks from other professional soccer teams.



*\*It will not be allowed to bring clothing or backpacks from other professional soccer teams.*



## SPORTS CENTER POLICIES

### Uniform

Sneakers, white Nike long socks, training t-shirt and training shorts.

### Gym and field

It is forbidden to use or dispose of the facilities without the authorization of a person in charge.

### Your belongings

The player's belongings will always be his responsibility and he must take care of them with the minimum diligence required.

### Welcome and farewell

Shake hands with members of the coaching staff and other responsible persons upon arrival and departure from the activity.

### Material

The player must be responsible for the use and care of the sports equipment used during the sport activity.

### Injuries

Players must inform the TC of their injury situation. Afterwards, they will be accompanied to the medical services.

## RESIDENCE POLICIES



### Punctuality

Players must always be punctual, especially at meal times.



### Departures from the residence

Players may not leave the residence without the authorization of those in charge and always accompanied by a monitor.



### Laundry

Sports uniforms must be deposited and picked up well in advance for sports practice.



### Hygiene and rest

Players must comply with the minimum hygiene requirements each day. In addition, the rest time (from 11:00 p.m.) must always be respected.



### Order and cleanliness

The use and care of the spaces in the residence should always be in accordance with what has been found.



### Transport

Players must be there 5 minutes before the bus departure time.

**\*All clothing, both personal and sporting, must be marked with the player's name and surname.**

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY     | SUNDAY   |
|---|--|--|--|--|--|--------------|--|
| Arrival and pick-up at Adolfo Suárez Adolfo Suárez Madrid Barajas or station (8:00 - 22:00) | 8.00h – 8:15h<br>Good Morning                                      | 8.00h – 8:15h<br>Good Morning                                      | 8.00h – 8:15h<br>Good Morning                                  | 8.00h – 8:15h<br>Good Morning                                  | 8.00h – 8:15h<br>Good Morning                                      | ATM ACTIVITY | Pick up, farewell and transfer to Adolfo Suárez Madrid Barajas Airport or train station. |
|   | 8.15h – 8:45h<br>Breakfast and hygiene                             | 8.15h – 8:45h<br>Breakfast and hygiene                             | 8.15h – 8:45h<br>Breakfast and hygiene                         | 8.15h – 8:45h<br>Breakfast and hygiene                         | 8.15h – 8:45h<br>Breakfast and hygiene                             |              |  |
|   | 8:45 – 9:00h<br>Transfer Residence - CD Alcalá                     | 8:45 – 9:00h<br>Transfer Residence - CD Alcalá                     | 8:45 – 9:00h<br>Transfer Residence - CD Alcalá                 | 8:45 – 9:00h<br>Transfer Residence - CD Alcalá                 | 8:45 – 9:00h<br>Transfer Residence - CD Alcalá                     |              |  |
|   | 9:30h – 10.00h<br>Gym  | 9:30h – 10.00h<br>Gym  | 9:30h – 10.00h<br>Gym  | 9:30h – 10.00h<br>Gym  | 9:30h – 10.00h<br>Gym  |              |  |
|   | 10:00h – 12.00h<br>Technical-tactical training                     | 10:00h – 12.00h<br>Technical-tactical training                     | 10:00h – 12.00h<br>Technical-tactical training                 | 10:00h – 12.00h<br>Technical-tactical training                 | 10:00h – 12.00h<br>Technical-tactical training                     |              |  |
| Reception at Residence, presentation, delivery and distribution of rooms.                   | 12.15h – 12:45h<br>Intake, transfer to Residence                   | 12.15h – 12:45h<br>Intake, transfer to Residence                   | 12.15h – 12:45h<br>Intake, transfer to Residence               | 12.15h – 12:45h<br>Intake, transfer to Residence               | 12.15h – 12:45h<br>Intake, transfer to Residence                   |              |  |
|   | 12:45 – 13:10<br>Shower, hygiene and laundry                       | 12:45 – 13:10<br>Shower, hygiene and laundry                       | 12:45 – 13:10<br>Shower, hygiene and laundry                   | 13:10h – 15:00h<br>Lunch and resting time                      | 12:45 – 13:10<br>Shower, hygiene and laundry                       |              |  |
|   | 13:10h – 15:00h<br>Lunch and resting time                          | 13:10h – 15:00h<br>Lunch and resting time                          | 13:10h – 15:00h<br>Lunch and resting time                      | 14:30h – 15:00h<br>Transfer CD Alcalá - Civitas Metropolitano  | 13:10h – 15:00h<br>Lunch and resting time                          |              |  |
|   | 15:10h – 16:00h<br>Talk on ATM values at the Residence             | 15:10h – 16:00h<br>Group dynamics (Teqball Tournament)             | 15:00 – 16:00h<br>Group Dynamics (Atletico de Madrid Kahoot)   | 15:00h – 16:00h<br>Visit Civitas Metropolitano Stadium         | 16:10 – 17:00h<br>Group Dynamics (Atletico de Madrid Kahoot)       |              |  |
|   | 16:00 – 16:30h<br>Snack and preparation for transfer               | 16:00 – 16:30h<br>Snack and preparation for transfer               | 16:00h – 16:30h<br>Transfer Residence - Neptune                | 16:00h – 16:30h<br>Transfer Cívitas Metropolitano - Residence  | 16:00 – 16:30h<br>Snack and preparation for transfer               |              |  |
|   | 16:30 – 17:00h<br>Transfer Residence - CD Alcalá                   | 16:30 – 17:00h<br>Transfer Residence - CD Alcalá                   | 16:30 – 17:00h<br>Snack in Madrid                              | 16:30 – 17:00h<br>Snack in Residence                           | 16:30 – 17:00h<br>Transfer Residence - CD Alcalá                   |              |  |
|   | 17:15 – 18:30h<br>Competition training                             | 17:15 – 18:30h<br>Competition training                             | 17:00 – 20:00h<br>Madrid city visit                            | 17:00h - 18:45h<br>Resting time                                | 17:15 – 18:30h<br>Competition training                             |              |  |
|   | 18:30 – 19:30h<br>Transfer CD Alcalá - Residence, personal hygiene | 18:30 – 19:30h<br>Transfer CD Alcalá - Residence, personal hygiene |  |  | 18:30 – 19:30h<br>Transfer CD Alcalá - Residence, personal hygiene |              |  |
|   | 19:30 – 21:00h<br>Group dynamics (Ping-Pong Tournament)            | 19:30 – 21:30h<br>Group dynamics (Cinema)                          | 20:00:- 20.45h<br>Transfer Neptuno - Residence                 | 18:45 – 20:45h<br>Group dynamics (Cinema)                      | 19:30 – 21:00h<br>Closing Ceremony Residence                       |              |  |
|   | 21:15h - 23:00h<br>Dinner, laundry, family time and good night     | 21:30h - 23:00h<br>Dinner, laundry, family time and good night     | 20:45h - 23:00h<br>Dinner, laundry, family time and good night | 20:45h - 23:00h<br>Dinner, laundry, family time and good night | 21:15h - 23:00h<br>Dinner, laundry, family time and good night     |              |  |

# REGISTRATION PROCESS



1



## Complete the clinic application on the website\*

Send us your information through the web form that you will find on the Campus page. Once you are registered, our technical team will start working on your request.

2



## Participant Application Evaluation\*

Our camp coordinators and technical staff will view all the participants' videos and make a selection of suitable players.

3



## Registration form

After validation of your request by our technical team, you will be sent an email where you will find the link to reserve your place and make payment for it. In case of making the payment in installments, you will be able to view in the aforementioned email, different links that will direct you to the modalities: ONE-TIME PAYMENT or FIRST registration FEE.



## Follow-up meeting and additional information

Due to the high degree of commitment to the families of the participants, our campus management team will be in charge of organizing periodic meetings by video call to discuss the experience in depth as well as resolve any questions.

# » REGISTRATION PROCESS



## 4



### Confirmation of your spot in the program

After having made the payment and receiving proof of payment attached to the form, you will receive an email confirming your spot reservation for the selected week. We ask that, from that moment on, you inform us as soon as possible about your travel plan and arrival or departure to Madrid.

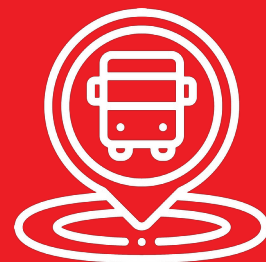
## 5



### Fragmentation of payment

If you have made the payment in installments, you will receive a second email as a reminder of the deadline and a link where you can make the second and final payment. **It is important to remember that until payment has been made in full, the spot will not be blocked.**

## 6



### Arrival in Madrid and start of the clinic

After having previously informed us of your arrival and departure travel plan, our team will be in charge of picking you up at the established meeting point and taking you to our High Performance Residence (place from where we will later leave for the clinic facility). Once the clinic is finished, we will proceed in the same way to bid farewell to the participants.



### Consultation and monitoring channel

Once you have successfully completed all the previous steps, the campus management team will introduce you to a conversation group that will serve as a recurring communication channel (before, during and after the clinic is done)

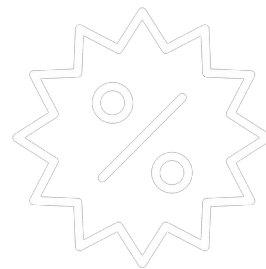
# »» PROGRAM PRICES



Price 1 April  
Week

2.250,00 €

Send your application as soon as possible and reserve your spot



*Costs derived from travel from the place of origin to the program as well as reservations for any type of means of transportation and/or visas or authorizations are not included.\*  
Additional costs for booking travel medical insurance or other similar insurance are not included.\**

# RETURN POLICY

Free rescheduling for campuses held in Madrid in 2024.

- In case of cancellation of a registration within 5 working days of confirmation, 100% of the amount paid will be refunded.

In case of cancellation more than 30 days before the start of the campus:

- If payment has been made in full: 70% of the amount paid will be refunded.
- If only 30% of the total amount has been paid: no refund will be made (the reservation fee is non-refundable).
  
- In case of cancellation less than 30 days before the start of the campus:
  - Voucher to be used in the 2025 season for campuses developed in Madrid.
  - A registration can be postponed only once and to the following season as long as there is a notice of at least 15 calendar days before the start of the campus (except in case of force majeure). In case of non-attendance without prior notice: no refund will be made.
  
- In case of cancellations during the development of the campus: refund will only be made in case of cancellation due to force majeure duly accredited. In case of voluntary abandonment of the campus, there will be no right to any refund.

If a refund is necessary, it will be made at the end of Campus.

The operating costs arising from the amount to be refunded shall be borne directly by the holder of the bank account to be used for the refund.

# VISAS

In the event of a visa denial in the countries that require it, and upon presentation of the legal document that proves it, the following will be done 100% of the campus fee will be refunded. This clause will not be applicable in the event that the visa application is made outside the deadlines established by each embassy or in the event that the visa application is made outside the deadlines established by each embassy. Nor in the case that it is due to the misuse or fraudulent use of the material provided by Campus High Performance for this purpose.

Letters of invitation will only be issued to participants, in no case will they be issued in the name of any adult. The deadline for issuing the invitation letters will be from 24 to 48 working hours after the request has been made. It must be taken into account that in order for this to be done, it is necessary to have the documentation and payment of the registration received, complete and correct. In case of not having this period, Campus de Alto Rendimiento is not responsible for the consequences of such action and therefore will not proceed to refund any amount already paid.



# »» CONTACT

At the Academy, we are a team that works **together** in all departments.

For the management of the activities proposed for this project, will be directed from **sports coordination and International Academy**.

Any information, questions or proposals that you want to communicate, will be through this contact.

Once the participants have been selected and the registration of each one of them has been processed, communication with the families will be resumed in the weeks prior to the beginning of the program.

It will serve as a first contact before the beginning of the program and last minute doubts will be solved.

Communication between families and program managers will be constant both before and during the activity.

[internacionalacademia@atleticodemadrid.c](mailto:internacionalacademia@atleticodemadrid.com)

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+34 913 26 04 03- Customer service hours: Monday to thursday from 9:00h to 17:00h and friday from 9:00h to 14:00h.



**THANK YOU!**