

# BARCELONA INTERNATIONAL WATER POLO ACADEMY



**S1:** MAY 27 - JUN 21, 2024

**S3:** JUL 29 - AUG 9, 2024

BIWPA is an **international water polo academy** based in Barcelona, Spain, that offers the best combination between high-performance water polo and academic studies.

The **2024 Summer Academy** is a high-intensity and immersive training program aimed at athletes born between 2010 and 2004 wishing to take their game to the next level.

# SUMMER ACADEMY

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# THE PROGRAM



Our sports program is led by **2x Olympic coach Quim Colet** and tests athletes with two daily sessions in the pool (10 per week) and one gym/conditioning session three days per week. The program focuses on individual skills, technique/tactics and also includes real game situations and scrimmages with local club teams.

All our coaches follow a **successful methodology** that has been pivotal in Spanish water polo's decade-long success.

## WHO?

Athletes over 14 y/o  
(2010 - 2004)

## WHEN? (two sessions)

S1: May 27 - June 21, 2024  
S3: Jul 29 - Aug 9, 2024

## WHERE?

In Barcelona, Spain.  
Club Natació Sabadell



# TENTATIVE SCHEDULE



## MORNING

*Breakfast*

**8.30 am - 10.30 am**

- Morning practice

*Lunch*

## AFTERNOON

**2.30 pm - 4 pm**

- Afternoon practice

**4 pm - 5 pm**

- Gym

*Dinner*

## WEEKEND

- Spare time
- Recreational activities
- Exploring Sabadell
- More...



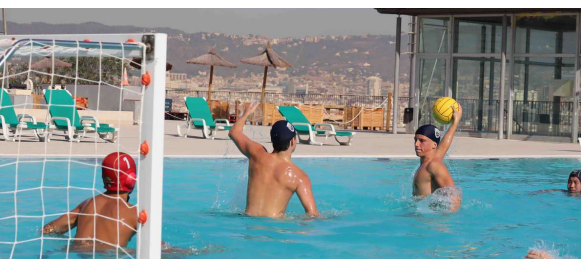


# WHY SUMMER ACADEMY?



## Train at a Champions League facility

CN Sabadell is a premier water polo club in Europe, renowned for its top-ranking men's and women's senior teams, exceptional youth development program, and top-notch facilities.



## BIWPA Methodology

A training methodology for high-performance water polo, executed by most of the Spanish elite athletes. A great chance also to train and make connections with local athletes.

## All-inclusive

Athletes can fully focus on water polo, enjoying full-board accommodations at the conveniently situated four-star Hotel Verdi, just a 15-minute walk from the venue.



## The best coaching staff

Led by 2x Olympic coach Quim Colet, the Academy coaches have experience, skill and a high-level background. Their goal is to push every athlete to their limit.

## Scrimmages and masterclasses

Together with the technical and tactical work, the Summer Academy sports program will include a series of scrimmages with the host club team CN Sabadell and masterclasses with pro players.





# PRICING AND SERVICES



## What's included?

- Two training sessions from Mo-Fri.
- One daily strength and conditioning session (Mo-Wed-Fri).
- Lodging and full-board:
  - Hotel Verdi ([check the link for more information](#)).
- Scrimmages with local club teams.
- Welcome pack with BIWPA gear.
- Masterclasses with professional athletes (*subject to availability*).

## Don't miss our session 2 in California, US!

Learn from the best right after JO's and just before kicking off the new season!

- From July 26 to August 2, 2024
- Location(s) TBC
- [Stay tuned >>](#)

# NEW

### SPORTS PROGRAM By BIWPA

**SESSION 1**  
May 27 - June 21

**2,100 €** 4 weeks

**SESSION 3**  
Jul 29 - Aug 9

**1,100 €** 2 weeks

*Price per week*

**550 €** (minimum 2 weeks)

### LODGING Hotel Verdi \*\*\*\*

**700 € / week**

- Sun to Sat (6 nights)
- Breakfast, lunch, dinner
- Gym
- Laundry service
- 24-hour security
- Double rooms with private bathroom, free Wi-Fi, AC and fridge

Mandatory **medical insurance**: 50 €  
**Airport transfer**: 80 € (one way)





# MORE INFO



## Sabadell, a water polo city

Situated near Barcelona, provides an ideal setting for athletes seeking to improve their skills. Training takes place at one of Europe's premier facilities, and participants stay at the same hotel where Champions League teams typically lodge.



## Goalie specific training

Goalkeepers are more than welcome at the Summer Academy! There's always a specific coach dedicated to goalies every day on the pool deck.

Goalies follow a specific training program and are also integrated with the field players when necessary.

## Montjuic Olympic Pool

Our athletes will have the opportunity to train once a week\* in this remarkable Barcelona venue. With its breathtaking panoramic views of the city skyline, this facility holds a unique place in Olympic history, having hosted the water polo and diving disciplines during the 1992 Olympics.

*\*Based on pool availability*







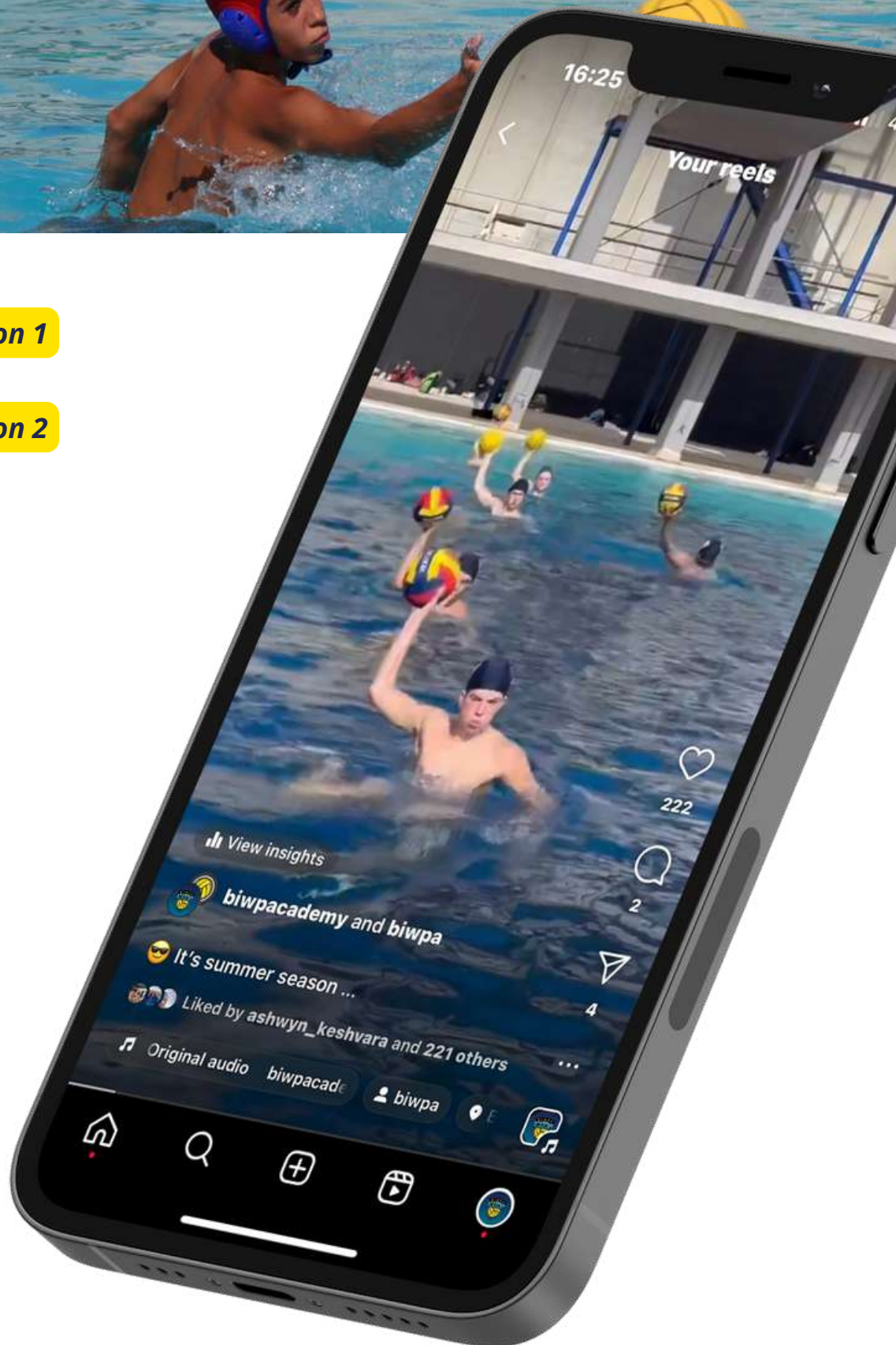
# ABOUT **LAST YEAR**



**2023 · Session 1**



**2023 · Session 2**



# Get in touch!

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**BARCELONA**  
WATER POLO CLUB