

WP SUMMER CAMP

SESSIONS 2 & 3: July 8 - 12 | July 15 - 19, 2024

Municipal Pools of Montjuic, Barcelona (Spain)



- AGES 2013 to 2008 -



THE CAMP

The **BIWPA Summer Camp** is designed for players from all around the world between 11 and 16 years old (2013 - 2008). Our sports program allows athletes of all levels to improve the water polo fundamentals, individual technique and tactics.



BIWPA offers the perfect combination of **water polo, dryland exercises, and recreational activities** in the best facilities of Barcelona and its surroundings. A multicultural camp where players improve their skills and have fun with participants from all over the world.

The camp is led by top-level and experienced coaches and takes place at the amazing **Montjuic Municipal Pools**, venue during the Barcelona Olympic Games back in 1992, offering one of the most stunning panoramic views of the city.



WHAT'S INCLUDED?

- **Two daily training sessions.**
- One daily dryland training.
- Leisure activities and other sports (basketball, ping-pong...).
- **Masterclasses** with professional players.
- **Weekly excursion** to a theme or water park.
- Ticket for Olympic Museum.
- Certificate of attendance.
- BIWPA staff and supervisor 24/7.
- **Welcome pack** with BIWPA/Turbo gear: suit, Tshirt, wristband, and more.
- Medical service.
- Lunch and snacks.

Exclusive for residential campers

- Room and full board from Sunday to Saturday.
- Free Wi-Fi.
- Shuttle to/from airport (50 € per trip).
- Accommodation in full board from Sat to Sun is included at no extra cost for campers staying 2 consecutive weeks or more.



SPORTS PROGRAM

The sports program is focused on four main aspects: **technique, tactics, physical conditioning and mind.**

Each of these four aspects is developed intensively, and tailored to the campers depending on their age, physical condition and water polo abilities.

The **training groups are formed according to the age and the technical/tactical level of every participant** in order to work with balanced and competitive groups. There are also specific groups based on the players' roles in their club teams, in order to improve the skills of each player for their specific position.



TYPICAL DAY

8h	Wake up - Breakfast
9h	Warm-up
9.15h	Training at the pool / Masterclass session
11h	Activity (away from the pool)
13h	Lunch
13.45h	Rest time / Video session / Basketball or ping-pong
15h	Training at the pool / Masterclass session
16.45h	Snack - Release for day campers
17h	Free time - Activity
20h	Dinner - Lights out

Residential Day camp



SPECIFIC GROUPS

GOALIE

UTILITY

CENTER DEF.

CENTER



WEEKLY PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8h	Wake up - Breakfast	Wake up - Breakfast	Wake up - Breakfast	Wake up - Breakfast	Wake up - Breakfast
9h	Warm-up	Warm-up	 PortAventura Park  Water park	Warm-up	Warm-up
9.15h	Training at the pool / Masterclass session	Training at the pool / Masterclass session		Training at the pool / Masterclass session	Training at the pool / Masterclass session
11h	Activity (away from pool)	Activity (away from pool)		Activity (away from pool)	Activity (away from pool)
13h	Lunch	Lunch		Lunch	Lunch
13.45h	Rest time / Video session / Basketball or ping-pong	Rest time / Video session / Basketball or ping-pong		Rest time / Video session / Basketball or ping-pong	Rest time / Video session / Basketball or ping-pong
15h	Training at the pool / Masterclass session	Training at the pool / Masterclass session		Training at the pool / Masterclass session	Diploma ceremony and raffle
16.45h	Snack - Release for day campers	Snack - Release for day campers		Snack - Release for day campers	Snack - Release for day campers
17h	Activity - Free time	Activity - Free time	Activity - Free time	Activity - Free time	Activity - Free time
20h	Dinner - Lights out	Dinner - Lights out	Dinner - Lights out	Dinner - Lights out	Dinner - Lights out

*This is a tentative schedule subject to changes.

Residential
Day camp



OUR DIFFERENTIAL VALUE

Coming to a BIWPA camp means taking advantage of some aspects that differentiate us from the rest. **Elevate your game** and set yourself apart from the crowd!

MASTERCLASSES



Learning from the best!

Campers have the chance to train with world-class players and learn directly from them:

Felipe Perrone, Irene González, Unai Aguirre, Anni Espar... and more!

MULTICULTURAL



Our camps bring together water polo players **from all around the world**, and our coaches speak Spanish and English. We love seeing campers from so many different nationalities sharing their passion for water polo!

TOP COACHES



All our coaches are **active with top clubs in Catalunya/Spain** and have many years of experience as players and coaches. They are all aligned with the same methodology based on the fundamentals.

QUIM COLET

All our camps are led and supervised by **Quim Colet**, BIWPA Sports Director, and the Head Coach of the CN Sabadell men's senior team.

This presents a unique chance to train under a methodology overseen by a figure with over 30 years of coaching experience. Colet has participated in **two Olympic Games** and has earned several European and World medals as the Head Coach of the junior Spanish team. He recently won the LEN Euro Cup and the Spanish Supercup with CNS.





ACTIVITIES AWAY FROM POOL

Participants will be able to enjoy multiple activities besides the water polo. Our goal is to ensure that all campers have a great time both in and out of the water, that's why we have prepared a varied **program of complementary activities** with the perfect balance between adrenaline, fun, culture and emotion.



Olympic Museum
Cultural visit



PortAventura Park
Adrenaline and fun



Multisports
Basketball, ping-pong...



Video session
Focused on technique/tactics



Water park
Water World, Isla Fantasia...

WEEKEND EXCURSIONS

We have **excursions in Barcelona on Saturday** for those campers staying for both sessions. They will have the opportunity to enjoy the beach and visit some of the city's best attractions such as the Gothic quarter, downtown, Sagrada Familia...

Participants are expected to have an appropriate amount of spending money to enhance their enjoyment of the Barcelona based excursions (around 80€ per week).

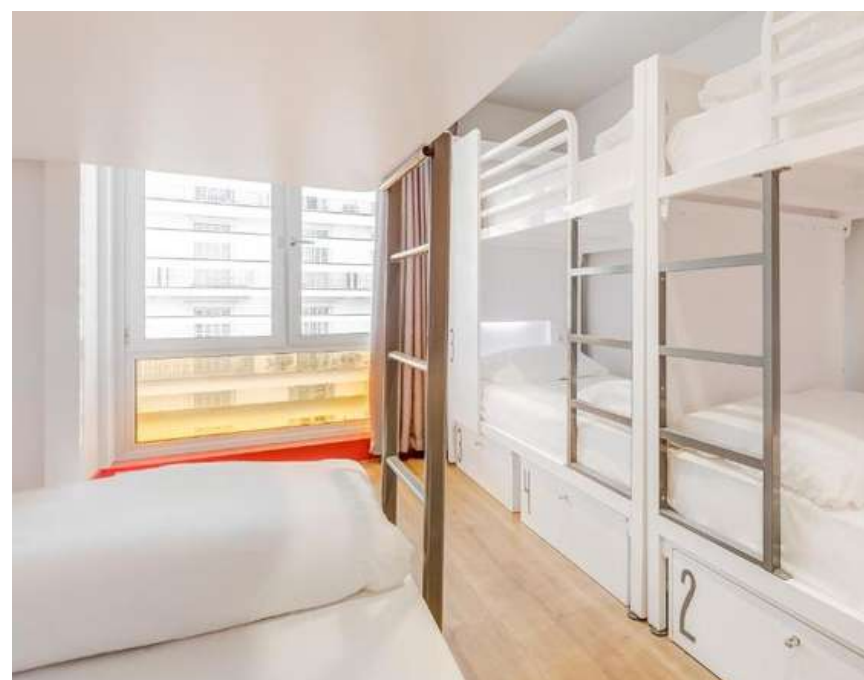
>> Accommodation in full board from Sat to Sun is included at no extra cost.





WHY BIWPA?

- **10 years** holding water polo camps since our first-ever camp back in Easter of 2014.
- A methodology focused on improving **individual skills**: fundamentals, technique, and tactics.
- We partner with some of the best water polo players competing in the Spanish league, so our campers can learn directly from them.
- An **experienced and qualified coaching staff** prepared to get the most out of each camper.
- We offer the perfect balance between fun and learning.
- Multiple parallel activities and other sports to complement the pool training.
- A **bilingual and multicultural camp**: we speak Spanish and English since we have campers from over 20 countries.
- A quiet, safe, and ideal environment for the practice of water polo.

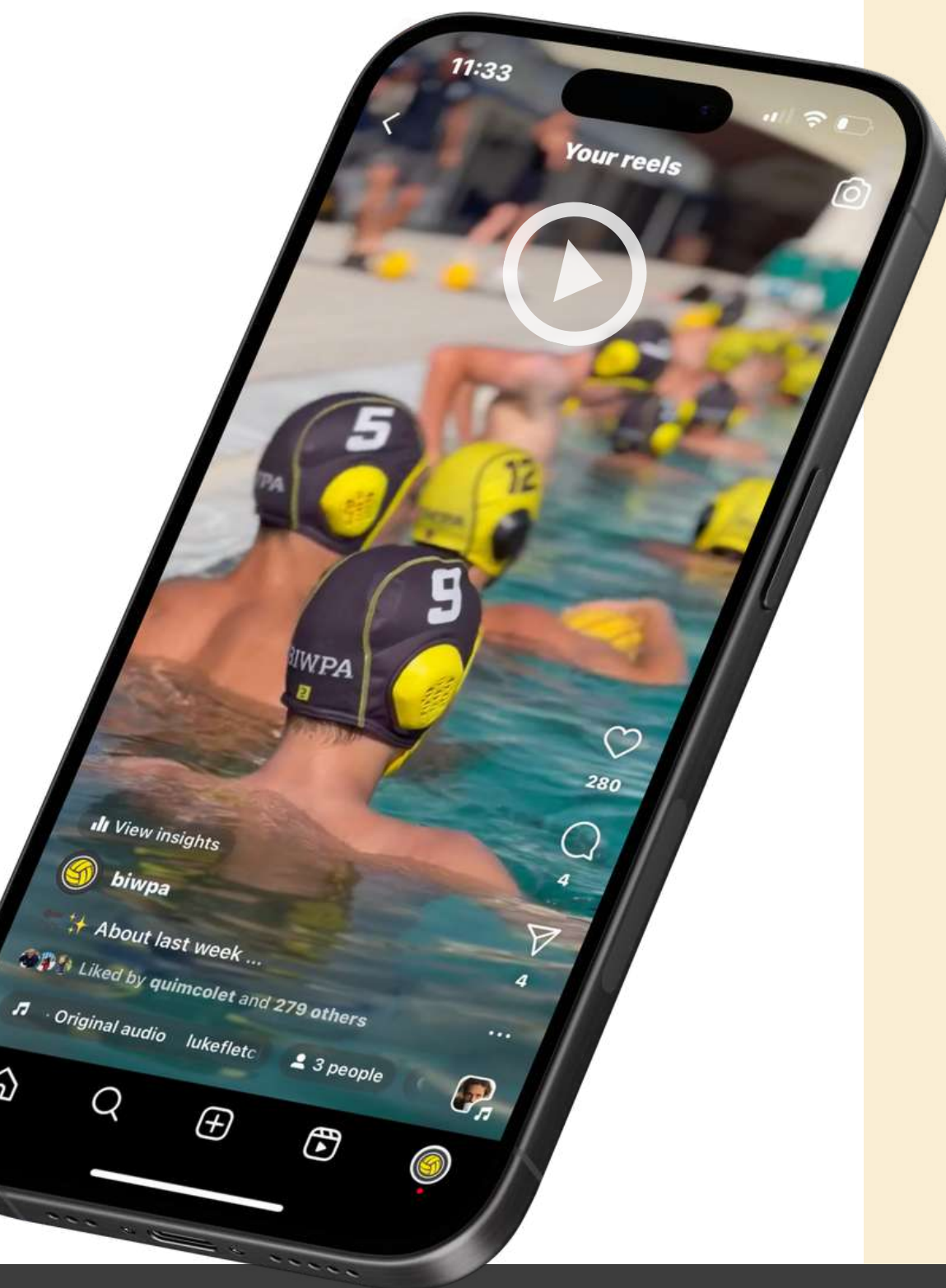


LODGING

Our residential campers stay, have breakfast and dinner at the design-led **Generator Hostel** in Barcelona, located in Gràcia vibrant neighborhood and next to famous Passeig de Gràcia street. Campers share 8-bed dormitories with private bathroom, Wi-Fi, lockers, AC, heating, and sheets.

Private shuttle service included. **BIWPA tutor 24/7** and supervision at all times.





THE VENUE

The camp will take place in the **Montjuic Municipal Pools**, an open-air facility with two pools of 33m and 25m, which hosted the Barcelona '92 Olympic Games. The pools offer one of the best panoramic views of Barcelona and are located in the Montjuic hill, a natural setting that features plenty of attractions, viewpoints and parks. Lunch and some activities will be at the **Bernat Picornell swimming pools**, 15 minutes' walk from the Municipal pools.

Barcelona Beach



Picornell



Montjuic



Municipal Pools





PRICING & CONDITIONS

SESSION 1 (Cala Canyelles)

Residential: June 24 - July 5

Day camp: -

SESSION 2 (Montjuic)

Residential: July 7 - 13

Day camp: July 8 - 12

SESSION 3 (Montjuic)

Residential: July 14 - 20

Day camp: July 15 - 19

INCLUDED

Accommodation
Meals
Schedule
Transportation

PRICE

RESIDENTIAL

Sunday to Saturday

Included
Full board
24h
50 € (one-way)

1295 €

price per session

DAY CAMP

Monday to Friday

Not included
Lunch and snacks
9h to 17h
Not included

695 €

price per session

HOW TO REGISTER?

- In order to **register** for this camp, fill out the following form [here >>](#)
- The place will not be secured until completing **the downpayment** (300 € residential / 150 € day camp).
- BIWPA ensures that the camp participants will always be under the supervision of the BIWPA staff and will not be forced to carry out any activity that could pose a risk to them.
- BIWPA reserves the right to modify or cancel this camp.
- Check the registration form for the terms and conditions.



5% DISCOUNT AVAILABLE

- Repeat campers.
- Group discounts (minimum 8 players).
- For siblings.



Thank you for your interest!

camps@biwpa.com

[REGISTER HERE](#)

+34 610 46 28 01
Noelia Mora



www.biwpa.com | [@biwpa](#)

