



## ONE WEEK PROGRAM

Riba Competición offers the possibility of one week stay for those players that want to improve its tennis level.

Our technical team works out a personal program, adapted to the needs of each player.

### **Facilities**

Riba Competición's activities take place in the privileged facilities of the C.A.R. (High Performance Center) in Sant Cugat del Valles, located at 500 mts far from the Sant Joan's station (Ferrocarrils de la Generalitat de Catalunya – FFCC) and near Barcelona city .

The C.A.R. offers a full range of services to make the sportsman and trainers work's easier, and thus achieve the maximum performance, always taking great care of the education and health of the player.

We train in four outdoor clay courts and two outdoor hard courts, as well as four indoor hard courts.



## Training Daily Schedule

Four hours a day of tennis training and one hour a day of physical training

## Nutrition

The C.A.R. has a nutrition's specialists team that is in charge of the preparation of the menus.

## Residence

The tennis players can stay at the C.A.R. residence if required, in double or quadruple rooms with bath, TV and telephone.

## Competition

The participation in tournaments is a very important issue to achieve a high performance, this is why our program includes the enrolment to official tournaments in Barcelona area.



## Prices

### Non boarding

Price: **295.00 euros**

Inclusive of :

- \* Training
- \* Accompaniment to Tournament

Airport transfers (optional) : 50.00 euros

### Boarding

Price: **650.00 euros**

Inclusive of :

- \* Accommodation full board
- \* Accompaniment to Tournament

- Airport transfers (optional) : 50.00 euros

## **Documentation**

Students must provide the following documentation:

- Photocopy of identity card or passport
- 2 photographs
- Online Registration Form duly completed.
- Proof of payment of the total amount .



**REGISTRATION FORM**

PROGRAM	<b>ONE WEEK PROGRAM</b>	
DATES :		
NAME AND SURNAME:		
ADDRESS :		
ZIP CODE :		
CITY :		
COUNTRY :		
HOME PHONE :		
MOBILE PHONE :		
E-MAIL :		
BIRTH DATE :		
PASSPORT No :		
FATHER'S NAME :		
MOTHER'S NAME :		
LICENCE No :		
BOARDING :		PLEASE STATE IF REQUIRED