



NAANTALI SPA CHUS MATEO ACADEMY

From 3rd to 8th of August 2017 in
Naantali, Finland

Improve your basketball with Spanish
coaches





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Naantali SPA Chus Mateo Academy second edition will take place in **Naantali SPA** and **Maijamäen liikuntahalli** facilities between the 3rd and 8th of August 2017. The campus is addressed for basketball players all around the world, with ages between 11 and 18 years old. We are looking for players who wish to improve their individual technique and the game knowledge. We want to create a fun and useful activity looking forward to next season, surrounded by great facilities.

Naantali SPA Chus Mateo Academy the participation of first level spanish and european coaches. They will teach the players the secrets of spanish and international basketball, regarding their experience in high competition.





NAANTALI SPA CHUS MATEO ACADEMY

Chus Mateo

He has a 30 year experience as a coach. His first five year experience started as a coach in Agustiniano school Madrid. Lately, for the next nine years he worked in all categories at Real Madrid, where he acomplished the Spanish children's first place.

Since 1999 and until today he has worked as head and assistant coach in different teams in the spanish professional league ACB, taking place of the coaching teams of Real Madrid, Unicaja, Baloncesto Fuenlabrada, CAI Zaragoza and China's profesional league CBA. He has also worked as asistant coach for the Spanish national team.

He is nowadays Pablo Laso's assistant coach at Real Madrid ACB



- Euroleague championship 2014-15
- 4 times ACB league champion
- 4 times "Copa del Rey" champion
- 1 time Spain Supercup champion
- 1 time Intercontinental cup champion
- 1 gold medal European championship 2009
- 1 silver medal Olympic games in London 2012





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MAIN POINTS:

- 1) **IMPROVE PLAYER ABILITIES**, Achieve a clear improvement in individual technique and improve the basics with specific work, prepared by the academy coaches and suitable for each player, according to their age and technical and physical development.
- 2) **IMPROVE KNOWLEDGE OF GAME**, Improve knowledge of certain game situations, helping to ensure proper perception and making correct decisions.
- 3) **PROVIDE SPORTS EDUCATION**, bringing the experience of our professionals regarding warm-up routines, recovery, nutrition, relaxation techniques, specific shooting work and tables.
- 4) **TRANSMIT PLAYERS THE VALUES OF SPORTS**, Transmit players the values of cooperation, partnership, achievement, respect, effort and international environment with players from Spain, Finland, China, Turkey, Portugal, Denmark, etc.





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Individual and specific basketball training

Personal interview and level test with Chus Mateo to frame each player in a group according to their age, physical development and technical level.

Physical preparation, technical and tactical training in daily five-hour sessions, led by a physical trainer and a national or international coach. In addition, internal and external competitions are held.

Supplementary activities

Technical talks aimed at improving other aspects of the player. Breathing and relaxation techniques, nutrition for sportspeople, first aid on the court for a partner, etc., of great practical use.

Master classes taught by first level players or coaches, in which they will draw advices and practical tips and tricks particularly applicable to the game.





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Healthcare

To meet the health needs of campers, we ensure optimal care with a highly qualified medical staff.

Physiotherapy for the prevention and treatment of injuries sustained by highly qualified therapists.

Campers must have their own player insurance for injuries, that may happen in practices or games.

We also have a liability insurance that covers any unfortunate incident, that may arise during the stay of campers on campus.



Transfer

We have a free pick up from the closest (Turku) train station or airport in request. To use this service you will need to notice of 15 days before.





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Lodging

At **Naantali SPA Chus Mateo Adademy**, the players will enjoy their lodging in a 4 star SPA-hotel close to ocean and gym.

Enclosed in a fantastic envieronment, the campers will be lodged in luxorius rooms that they would share.

Our aim is to offer the players a comfortable and nice stay, during the Naantali SPA Chus Mateo Academy.

Look more <http://www.naantalispa.fi/>

SPA

Naantali SPA gives the campers the posibility to use SPA facilities and they can spend their free time with friends.

Naantali spa offers a wireless web all along the building





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Sport facilities

- **Sport Gym, Maijamäki liikuntahalli**, It has capacity for 1000 people, It offers a main track and three transversal ones, where different competitions and training takes place.
- **Gym**, It offers a wide range of machines to make exercises indicated for the practice of physical exercise.

It is an **international campus**, where both players and coaches come from all around the world. Different cultures, nationalities and languages that coexist in Naantali.

We have a highly experienced team that work under the coaching of Mr. Chus Mateo. Master-classes will be given by professionals





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Price:

650 €

Advance payment, 200 €, has to be paid 7 days after registration. It's not refundable.

Dates:

From 3rd to 8th August (6 days)

Starts: Thursday 11.00 o'clock

Ends: Tuesday 13.00 o'clock

Address to:

Male and female players from all around the world (Spain, Finland, Denmark, France, Russia, China, Britain, Turkey, Portugal, Lithuania...)

Age:

We choose 48 first registered players as follow:

Girls (born 1999-2003) 12 players

Boys (born 1999-2001) 12 players

Boys (born 2002-2003) 12 players

Boys (born 2004-2005) 12 players

Place:

Naantali SPA hotel (****)
Maijamäki Liikuntahalli (gym)
Naantali, Finland

Maintenance:

Three meals included (breakfast, lunch, dinner)
Healthcare

Registration

By e-mail to solbasket2017@gmail.com
Give following information

- Full name
- Date of birth
- Club
- Contacts (mobile & e-mail)
- Basketball experience in years
- Allergies and medications

More info

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Schedule:

5 hour phisysical and technical training in a day with European coaches.

Master-Classes taught by Euroleague coaches and starvisitors.

Internal and external competitions 3x3, 5x5 and shooting and skill competitions.

The MVP of the campus will be awarded!





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Example of daily routines in the Campus

8:30 h.	Wake up
9:00 h.	Breakfast
9:30h.	Warm up and physical prep
10:30 – 12:00 h.	Specific Trainings
12:00 – 12:45 h.	Master Class
13:00 – 14:00 h.	Water Activities
14:30 h.	Lunch
15:30 – 17:30 h.	Rest and Free Time
17:30 h.	Snack
18:00 – 20:30 h.	Competitions: Shoot and skills, competitions 5x5 , 3x3...
20:30 – 21:00 h.	Shower
21:00 h.	Dinner
21:30 – 22:30 h.	Chat on nutrition, relaxation, breathing, first aids, studies and training. Vídeos NBA.
22:30 – 00:00 h	Free Time
00:00 h.	Sleep

