



## ***28th Elitejove Camp – Solsona 2014***

### ***Dates...***

The 28th Elitejove edition consists on three different shifts of 70 players each, according to the following ages:

***FIRST SHIFT (junior):*** From July 6<sup>th</sup> to July 12<sup>th</sup>. For players born between 1996 and 1997 (20 players born in 1998 with adequate level can be accepted).

***SECOND SHIFT (infantil):*** From July 13<sup>th</sup> to July 19<sup>th</sup>. For players born between 2000 and 2001.

***THIRD SHIFT (cadet):*** From July 20<sup>th</sup> to the 26<sup>th</sup>. For players born between 1998 and 1999.

### ***We shall work ...***

You will have four daily training sessions, where audiovisual tools will play a central roll in order to follow your evolution. All the programming of the week is aimed for your improvement as a player. Our coaching staff counts with more than 25 collaborators per shift, which allows a personalized work.

- We will increase the power of the work on **Individual technics**, in reduced groups, to improve the Basic Fundamentals, in a different way as you have been practising up to now.
- We keep up with bits of **Personal training**, where you choose with anticipation what you think suitable to improve on the development of your shooting skill.
- You will take part in **Group training** sessions, following a specific programme that prepares you for the 5 on 5 competition and it potentials the fundamental workouts worked in the previous sessions.
- **Coaches speeches** given by specialists on young basketball players.
- **“Class”** sessions where you are introduced on game situations to be analysed by everybody, and training sessions and games that are played and where you can watch yourself your skills and mistakes.
- There are daily individual **competitions** of shooting, free throws and 1 on 1 each day, and also a 5 on 5 teams league .

Our slogan is: “100% Basket” and this is what you will find in Elitejove.

### ***When we are not on court...***

- We stay inside the same sport area next to the sport centres where we train; that fact allows us to use the maximum time as possible. Do not expect a grand hotel comfort though we all sleep in a “military” bunk type.
- We have free access at all sports complex (swimming pool, etc.).

- We have our own cooks which guarantees an adequate diet to the effort of the athlete.
- We have a permanent physical therapy service and a close medical care.

### ***We also facilitate...***

- All the sports equipment (shirts and shorts) to be used in the training sessions.
- A restricted section in our website called “**Players guide**”, which will provide all the information you need to know to access the camp.
- A personal profile where you have to indicate the different work circuits of personal work out and it will guide you at all moment.

### ***Would you like to come?***

If you want and you think you can participate, **from March the 1<sup>st</sup>** entering in our website you will have to:

1. Choose the shift that suits your age and availability.
- 2.- Fill and send the pre-registration form, adding, data and / or recommendations of a coach who knows your characteristics. The system will provide a provisional booking number.
- 3.- In few days, if it procedes, we shall send a mail with the definitive registration form, which reserves you a place; you should complete it and send back.
- 4.- When we receive this form completed you shall be notified the final acceptance and we shall facilitate you the passwords to access the “players guide” section of our website.

## ***More information ...***

The 28th camp will take place, as usual, in the city of **Solsona** (Lleida).

We shall **welcome** you in the annexed of the principal sports center, on Sunday the beginning of the shift at **16:30h** .

We **see you off**, after the last session, at the same sports center at **19:30h** on Saturday at the end of the shift. The starting and final sessions are open to family and accompanying of the participants.

**The price**, all included, is **299 €** (except travelling and all the extra expenses involved). Payment can be done following the indications given in the numbered registration form. Other requirements are also detailed in this form.  
The definitive approval will be confirmed by mail.

## ***Do you want to know more? Then, you can find us...***

 Internet:

Website: [www.elitejove.org](http://www.elitejove.org)

E-mail: [elitejove@gmail.com](mailto:elitejove@gmail.com)

✉ Or, if you prefer, write to us to;

**A.B. Elitejove**

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