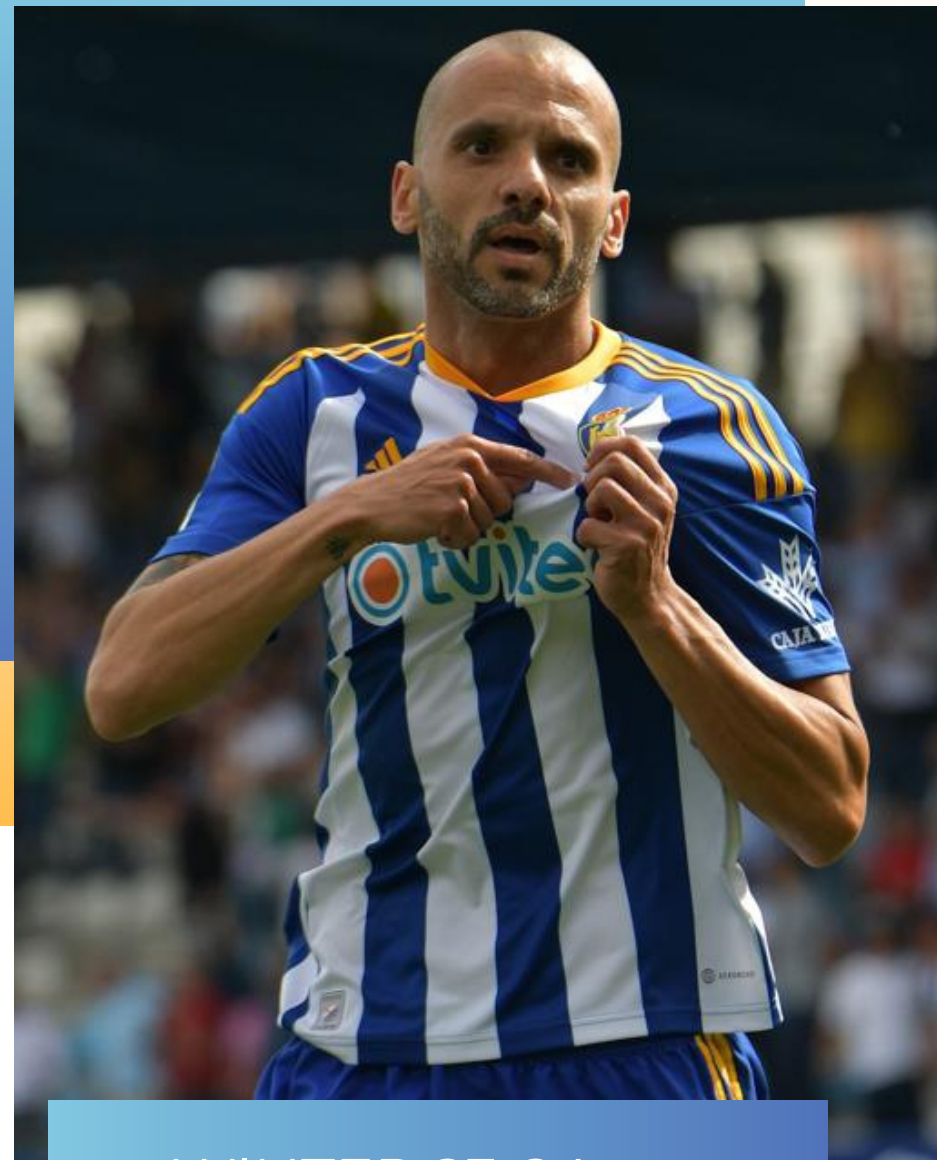




WINTER CAMP

23-24

FOR
BOYS
AND
GIRLS



WINTER 23-24

WWW.SCNACADEMY.ES

Contents

01. Who we are?
02. SCN Academy
03. This is our team
04. S. D. Ponferradina
05. What is Winter Camp?
06. Objectives
07. Technology and performance
08. Stay
09. Location
10. Sports activities
11. Cultural activities
12. Programming
13. Dates of Winter Camp 23-24
14. Prices and included
15. Sponsors
16. Contact





-
-
-



SPORT COACH NORTE is a comprehensive sports training center where we offer different academic, sports performance, psychological counseling, leisure and recreation services.



01. Who WE ARE?

With the **MISSION** of achieving a differential service based on excellence, individualization and professionalism of our services with the aim of optimizing all resources in order to achieve the highest performance.

Our **VISION** is to offer a professional activity based on the quality of our services through innovation and new technologies, always with a close and familiar treatment that helps bring out the best in each user.

02. SCN

Academy

SCN ACADEMY is an international football academy that was created with the aim of offering a comprehensive training service, to promote processes of improvement and adaptation to professional football, through the best professionals in all the areas involved in our sport using all the resources, facilities and new technologies that the football industry offers us.



03. This is our **TEAM**



SPORT COACH NORTE IS FORMED BY PERSONNEL WITH A WIDE BACKGROUND IN THE SPORTS AND PROFESSIONAL FIELD, FROM PROFESSIONAL ATHLETES TO BUSINESS MANAGERS, TO DOCTORS AND GRADUATES IN PHYSICAL ACTIVITY AND SPORTS SCIENCES

“Our main objective is to get the best performance from all athletes and professionals in the sports and business field as well as obtain the maximum potential in the emotional and leadership area through coaching.”

04. S. D.

Ponferradina

"In the city of Ponferrada on June 7, 1922..." This is how the history of S. D. Ponferradina officially begins, on paper... A long journey through the different categories of Spanish football that has left the Club installed today in professional football, being on several occasions just one step away from competing in the highest category.

- · · ·
- · · ·
- · · ·
- · · ·
- · · ·
- · · ·





- ▪ ▪ ▪
- ▪ ▪ ▪
- ▪ ▪ ▪
- ▪ ▪ ▪
- ▪ ▪ ▪
- ▪ ▪ ▪

The stadium, "El Toralín", municipal ownership, was inaugurated on September 5, 2000, with the friendly match between the local team of Ponferradina and the Galician team of Celta de Vigo, with a result of 0-2, while The first official match was a 1-0 Ponferradina Universidad de Oviedo, on the third league matchday of the 2000/01 Second Division B championship. With the construction of this stadium, the aim was to give Ponferradina a sports space closer to the city center and locate it next to a large part of the municipal sports facilities.

05. What is **WINTER CAMP?**

Winter Camp is an international winter camp, DESIGNED FOR BOYS AND GIRLS, at the facilities of SCN ACADEMY and S. D. PONFERRADINA, dedicated to professional football.

With a duration of 14 days in which participants will be able to enjoy all the magic of a team of professional soccer and a wide range of leisure activities.





06. Our **OBJECTIVES**



1. Know the methodology and training dynamics of a professional club in Spain.
2. Analyze and evaluate each player at a technical-tactical, conditional and behavioral level.
3. Implement an individual improvement plan to be carried out upon returning from Winter Camp.
4. Use the facilities and work with a staff from a professional club in Spain.
5. Enjoy a quality active leisure program and a natural environment that is an international biosphere heritage site.
6. Experience a professional football match live and a unique cultural and gastronomic program.



07. TECHNOLOGY AND PERFORMANCE

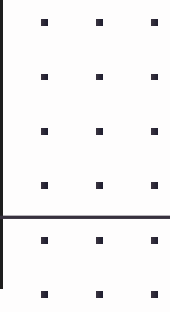


At **SCN Academy** we strive to provide our players with the latest technologies in the sport.

GPS will offer very valuable data for analysis such as:

- The workload of each player per match and training
- Number of actions and distance traveled in high intensity actions
- Comparison between players
- Playing positions and strategies, etc.

The **VIDEO ANALYSIS**, A tool increasingly used every day in all areas of sport. With the recording you can access a large amount of statistical data that will allow the player to improve both their collective and individual performance.



08. Stay

Attendees stay in the facilities that the SCN Academy has in Molinaseca, a town near the city of Ponferrada, where they have all the comforts to make their stay unforgettable. Recently acquired they have:

- Natural grass soccer field.
- Gym.
- Reading and study area.
- Conference hall.
- Wi-Fi/internet zone
- Game's zone.
- Gardened area.
- Multisports court.
- MTB.

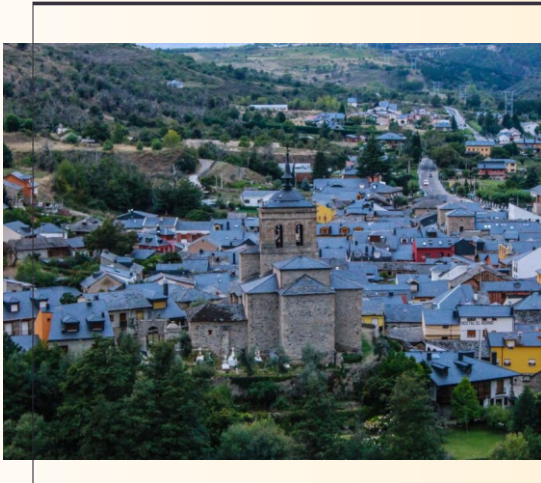


09. Location

In 2020 Molinaseca enters the list of "Most Beautiful Towns in Spain" thanks to its history, landscapes and entertainment.

Molinaseca is a suggestive town with a medieval flavor and a traveling path, which occupies a fertile valley full of fruit trees, meadows and orchards, crossed by the Meruelo River with crystal-clear waters and magnificent trout.

This small town currently has almost 10 centuries of history and is an obligatory stop on the Camino de Santiago for pilgrims traveling to Galicia.





10. SPORTS ACTIVITIES

SCN ACADEMY has a wide catalog of sports activities to offer its athletes. From visits to sports museums of the great La Liga teams to activities in the snow, through training in the modern facilities of the S. D. Ponferradina and those of the SCN Academy.

- Museum of the Spanish football team (RFEF)
- Bernabeu Tour (Real Madrid)
- Atleti Territory (Atletico de Madrid)
- Ski touring
- Snow rackets
- Hiking
- Gym



11. CULTURAL ACTIVITIES



The cities of Ponferrada and León offer their visitors endless cultural activities with which to enjoy their leisure time.

The Templar castle of Ponferrada.

Las Médulas, former gold mine from Roman times.

The **cathedral of León**, a jewel of Gothic architecture.

The **MUSAC**, museum of contemporary art.

Gastronomy, with an infinite number of dishes to taste.

A huge number of museums dedicated to a wide variety of topics.

We cannot forget that our province, located in the north of Spain, has some wonderful beaches nearby where you can enjoy the heat and summer.

These are just some of the many cultural visits that can be made.

12. PROGRAMMING

WINTER CAMP 23-24



The times and dates on the next page may be modified depending on the availability of some activities.



THEY ARE FOR GUIDANCE AND ONLY SERVING AS INFORMATION AND EXAMPLE

12. PROGRAMMING

WINTER CAMP 23-24



WEEK	DAY	MORNING	AFTERNOON
1	MONDAY	Pick up at the airport, group organization and planning at the academy	
	TUESDAY	Technique / Gym	Video analysis / Psychologist
	WEDNESDAY	Training C. and D. Leonesa	Cultural visit to the city of León
	THURSDAY	Technique / Gym	Video analysis / Psychologist
	FRIDAY	Technique / Gym	Video analysis / Psychologist
	SATURDAY	Cultural visit to Las Médulas	Cultural visit to the city of Ponferrada
	SUNDAY	Typical food from the Bierzo region	Live match S. D. Ponferradina
2	MONDAY	Technique / Gym	Hiking activity
	TUESDAY	Technique / Gym	Snowshoe activity
	WEDNESDAY	Training S. D. Ponferradina	MTB activity
	THURSDAY	Technique / Gym	Quad adventure activity
	FRIDAY	Technique / Gym	Video analysis / Psychologist
	SATURDAY	Visit to the RFEF museum (Madrid)	Atleti territory / Tour Bernabeu
	SUNDAY	Airport transfer	

EVERY DAY: 9:00 a.m. Breakfast / 2:00 p.m. Lunch / 9:00 p.m. Dinner / 10:00 p.m. Night activity / 0:00 h. Rest

13. DATES OF **WINTER CAMP 23-24**

MONTHS

NOVEMBER

DECEMBER

JANUARY

FEBRUARY

PERIODS

2 WEEKS

CHECK ANY OTHER DIFFERENT PERIOD OF TIME



14. PRICES

You can enjoy
your **SCN**
Winter Camp
from...

...**1795 €**

Check
SPECIAL PRICE
for groups!!



AND INCLUDED

- Transfer from airport to SCN Academy (round trip).
- Accommodation on a full board basis.
- Use of SCN Academy facilities.
- Adidas equipment (pants and t-shirt).
- Transportation in cultural and sports activities.
- Video recording.
- Use of sports training material.
- Laundry service.
- Free bioimpedance analysis for each player.



15. OUR PARTNERS



AZOTEA
SUITES



16. CONTACT



JOSE MARÍA BARRIL AGUADO
(If you prefer english language)

TELEPHONE: +34 647 183 217

Professional Soccer player:

- 1999–2013 Real Madrid C. F.
- 2013–2014 Ontinyent C. F.
- 2014–2016 Harrisburg City Islanders
- 2017–2018 Oklahoma City Energy
- 2019–2020 Coruxo F. C.
- 2020– U. D. Sanse



CEO Sport Coach Norte

UEFA PRO Soccer Coach

DOCTOR in Phisycal Activity and Sports
Sciences

ROBERTO CARLOS FERNÁNDEZ PÉREZ
(If you prefer spanish language)

TELEPHONE: +34 605 047 023

EMAIL: info@sportcoachnorte.com

scnacademy.es
sportcoachnorte.com



scnacademy.es

sportcoachnorte.com