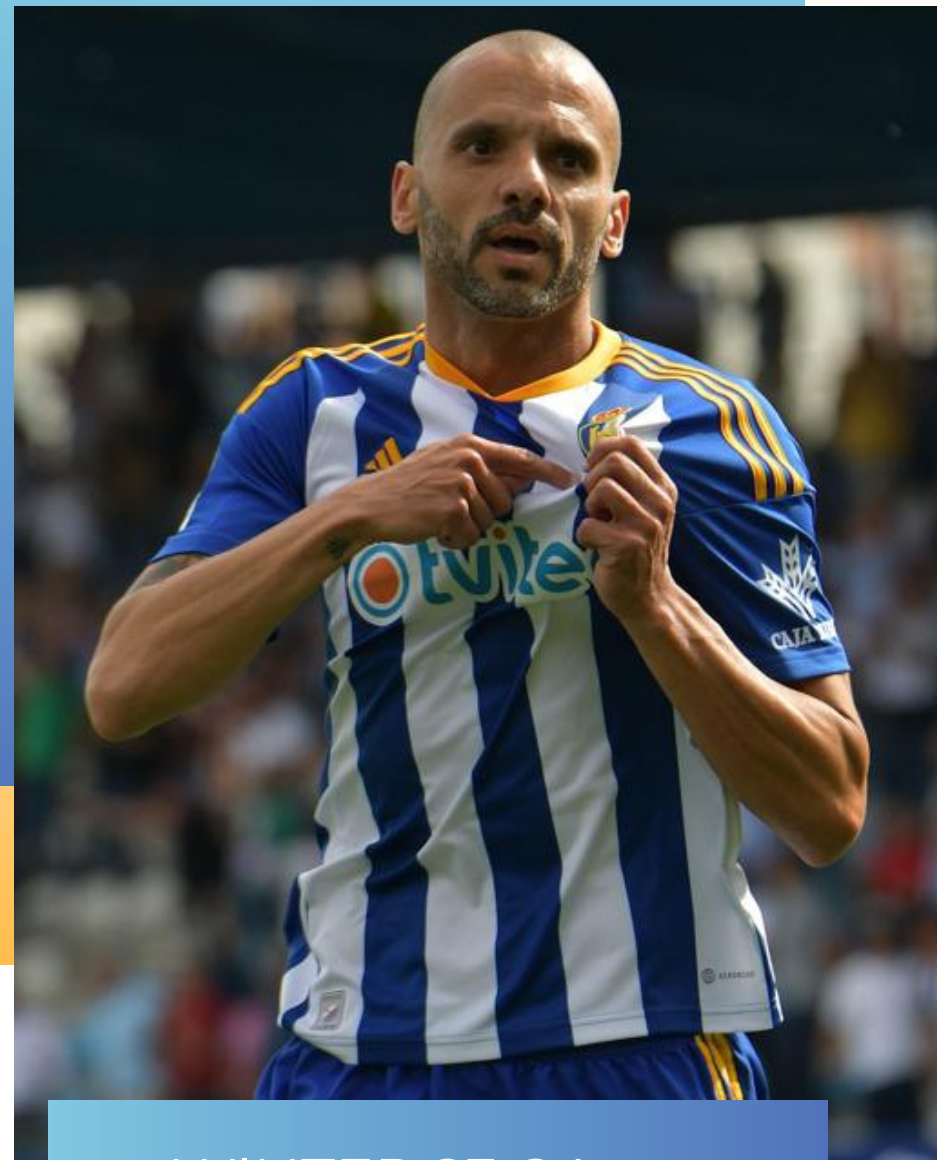




# WINTER CAMP 23-24



WINTER 23-24

[WWW.SCNACADEMY.ES](http://WWW.SCNACADEMY.ES)

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**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?



Sport  
Coach norte



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.

**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.

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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?**

INTERNATIONAL CAMPUS, IN THE FACILITIES OF SCN ACADEMY AND S. D. PONFERRADINA, DEDICATED TO PROFESSIONAL FOOTBALL, LASTING FOURTEEN DAYS, WHICH YOU CAN ENJOY ALL THE MAGIC OF A PROFESSIONAL FOOTBALL LEAGUE TEAM





## 06. Our **OBJECTIVES**

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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

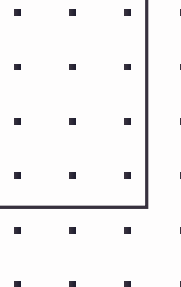
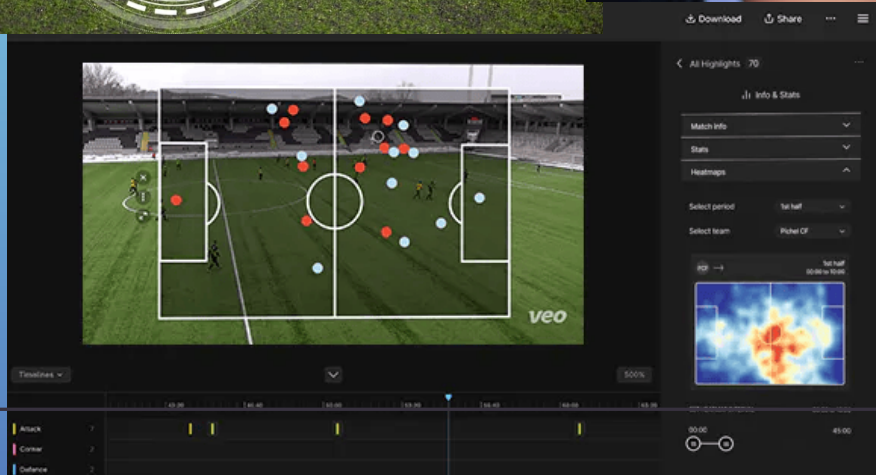


At **SCN Academy** we strive to provide our players with the latest technologies in the sport.

**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.



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.
- Wi-Fi/internet zone
- Game's zone.
- Gardened area.

## 08. Stay



# 09. 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



# 10. 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.

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

# 11. PROGRAMMING

## WINTER CAMP 2023



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

# 12. DATES OF **WINTER CAMP 2023**

## MONTHS

NOVEMBER

DECEMBER

JANUARY

FEBRUARY

## PERIODS

**2 WEEKS**

CHECK ANY OTHER DIFFERENT PERIOD OF TIME



# 13. OUR PARTNERS



# 14. CONTACT



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