

## CAMPUS BROCHURE

### CALENDAR



DATE  
FROM 29 JUNE  
TO 31 JULY



SCHEDULE  
MORNING SESSION: 9:00AM TO 1:00PM  
LUNCH: 1:00PM TO 3:00PM  
AFTERNOON SESSION: 3:00PM TO 5:30PM

JUNE / JULY	
WEEK 1	June 29–July 3
WEEK 2	July 6–July 10
WEEK 3	July 13–July 17
WEEK 4	July 20–July 24
WEEK 5	July 27–July 31

BEGINNER • INTERMEDIATE • COMPETITION

6-18  
YEARS

FREE  
WELCOME!

# PADEL CAMP

## GENERAL REGULATIONS

1. The Padel Campus: Groups will be divided according to age and ability, with categories including competitive children, advanced beginners and mini padel.

2. Activities will begin at 9 am. A free reception service will be available from 8.30 am. The sessions will finish at 1 pm for the morning session, at 3 pm for the half-day session (including lunch), and at 5.30 pm for the afternoon session.

3. Breakfast will be served from 11.00 am to 11.30 am, and pupils must bring their own breakfast from home. We recommend avoiding pastries and processed foods. For breakfast, pupils aged 14 and over may go to the bar with the consent of the supervisor on duty and return to join the rest of their classmates. Pupils aged 16 and over may remain in the bar area during breakfast

4. Lunch will be served from 1.00 pm to 3.00 pm. Lunch is included in the price of the camp. A single-day meal voucher, for occasional use, costs €13. Requests for daily meals will not be accepted after 11.00 am on the day in question. Students who have to travel from the club for a competition will be provided with a packed lunch.

5. Upon booking the Camp, participants must have their meals at the club within the times and as per the schedule provided.

6. A snack will be served at 17:00 and will be provided by the club.

7. Students who do not hold a Padel Federation Licence will pay €10 per week for compulsory accident insurance, in accordance with Decree 137/2003 on the Regulation of Leisure Activities. Insurance provided by the brokerage firm COSTA-SERRA S.L.

8. To ensure better supervision of pupils, entry to the premises will be via the BLACK GATE, located next to the club entrance and accessible from the car park. Exit will be via the same point. After five minutes, the gates will be closed and the Access to the campus must be via the club reception. In this case, parents or guardians must hand the pupil over directly to the relevant coach. If a pupil is not collected on time, the teachers will wait at the exit for 5 minutes

Once this time has elapsed, the student will be supervised by the instructors as follows:

- 13:00 waiting in the dining room with an instructor.
- 15:05 waiting on the bench by the training courts.
- 18:05 waiting in the seats in front of reception, without personal supervision.

9. The Management reserves the right to change activities in the event of inclement weather.

10. Any administrative queries will be dealt with at the club from Monday to Friday, 9 am to 2 pm.

11. The full cost of the camp must be paid in full before it begins.

12. You may not enter the building unaccompanied or without a supervisor's permission, including the gym, bar-restaurant or changing rooms. This prohibition applies to breakfast as well.

13. You must bring a sports bag every day containing a drink (water or isotonic drink), a change of clean clothes, a cap, sun cream (applied at home), a paddle, swimming trunks, a towel and flip-flops for the pool. We recommend wearing comfortable, light-coloured clothing. Students may shower at the club's facilities. To do so, they must bring a towel, flip-flops and a toiletries bag.

14. We recommend that all belongings are labelled with the student's name to make them easier to find if lost. We advise against bringing money or electronic devices or valuables that are not necessary for the camp (mobile phones, etc.). In any case, the Club accepts no liability for their loss or theft.

15. All students will be given an official camp T-shirt.

## ROTATING TIMETABLE BY GROUP

SCHEDULE	ACTIVITIES
8:30 - 9:00	Reception service (free of charge)
9:00 - 11:00	On-piste session
11:00 - 11:30	Breakfast
11:30 - 12:15	Specific physical training
12:15 - 13:00	Swimming pool
13:00	Morning Session Departure
13:00 - 14:00	Lunch
14:00 - 15:00	Break
15:00	Afternoon Session Departure
15:00 – 16:30	Track session
16:30 – 17:00	Swimming pool
17:00 – 17:15	Afternoon snack
17:15 - 17:30	Change of clothes and departure

\* Note: The schedule of activities may be subject to change due to weather conditions, to ensure appropriate group sizes, or for technical reasons to better organise groups by ability and age.



## TECHNICAL AND ADMINISTRATIVE STAFF

**CLUB MANAGER:** JOAQUIM GARCÍA [direccion@tenisgimeno.com](mailto:direccion@tenisgimeno.com)

**ADMINISTRATION:** NURIA SANDALINAS [administracion@tenisgimeno.com](mailto:administracion@tenisgimeno.com)

**SPORTS SECRETARY:** JESSICA CERRILLO [deportiva@tenisgimeno.com](mailto:deportiva@tenisgimeno.com)

**CAMPUS MANAGER:** NOÉ MARTINEZ [padel@tenisgimeno.com](mailto:padel@tenisgimeno.com)

**COACHES:** ALBERT BECERRA, SAEL MARTINEZ, JORGE MARÍN, XAVI DE LA FUENTE Y POL ESPINAL

# MENU

M<sup>o</sup> CARMEN ÁVILA

Dietitian and Nutritionist I Collegiate NUM. CAT001011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29-3 JULIO	Three-delight rice (corn, carrot and omelette) Baked hake with garlic and parsley Mixed salad Fruit	Lentils stewed with vegetables Eggs with béchamel sauce and mixed salad Fruit	Peas with botifarra sausage, potatoes Mixed black pudding, baked Fruit	Spaghetti with pesto Grilled chicken with lettuce, tomato and olives Fruit	Country-style salad: "potato, tomato, pepper, onion and tuna" Squid rings with a light sauce Plain yoghurt
6-10 JULIO	Chickpea stew Tuna with onions and mixed salad Fruit	Gazpacho Beef meatballs with mixed vegetables Fruit	Macaroni carbonara Battered hake bites with lettuce, tomato and cucumber Fruit	Rice with vegetables Chicken with mushrooms, lettuce, carrots and sweetcorn Fruit	Vichyssoise "warm leek soup" Cheese omelette with "lettuce, carrot and olives" Ice cream
13-17 JULIO	Sautéed white beans with garlic and parsley Cod fritters with lettuce, tomato and sweetcorn Fruit	Spaghetti Bolognese Courgette omelette Mixed salad Fruit	Paella Turkey sausages with onion and pepper fruit	Green beans, cauliflower and potatoes Oven-baked chicken drumsticks with lemon sauce Fruit	Country-style salad Baked salmon with vegetables strawberry yoghurt
20-24 JULIO	Peas and potatoes Roasted turkey bites Fruit	Pasta salad Hake burger with lettuce, cucumber and fruit	Fideua Grilled chicken with vegetable sauce mixed salad fruit	Leek and apple soup Tinned cod Fruit	White bean salad Omelette with sweet ham "Lettuce, carrot and olives" Ice cream
27-31 JULIO	Macaroni Bolognese with chopped vegetables "Heura" Vegetable nuggets and mixed salad Fruit	German salad Squid rings with a little sauce Fruit	Cream of courgette soup Margherita pizza "lettuce, mixed salad leaves, tomato and olives" fruit	Three-treasure rice Assorted sausages with roasted onions Fruit	Ham croquettes Chicken nuggets, chips, ketchup, soft drink Ice cream

**Wholemeal bread every day of the week.**

## Allergies and intolerances

**Egg allergy:** the omelette will be replaced with a cornflour, milk and potato omelette or a chickpea flour omelette.

**Lactose intolerance:** this same menu will be adapted to be lactose-free.

**Celiac disease:** this same menu will be adapted to be gluten-free.

**Fish allergy:** this will be replaced with chicken.

**Seafood allergy:** this same menu will be adapted to be seafood-free.

**Legume allergy:** this will be replaced with potatoes.

**Cow's milk protein allergy:** this same menu will be adapted to be free from cow's milk protein.

**Pork-free menus:** this will be replaced with chicken.

The oils used for cooking are high-oleic sunflower oil and virgin olive oil.

In the meat-free menu programme, the starters will be adapted and the main courses will have the meat replaced with egg or white or oily fish.

**Our suppliers are certified for Halal meat.**

## Sauces and Sautéed Vegetables

**Country-style salad:** potatoes, green olives, tomato, tuna, olive oil, vinegar and salt.

**Mixed salad:** lettuce, tomato, sweetcorn, julienned carrot, olives and olive oil.

**Vegetable sofrito:** red pepper, tomato, onion, salt and olive oil.

**Tomato sauce:** tomato, onion, carrot, garlic, salt and olive oil.

**Carbonara sauce:** salt, olive oil, milk, mushrooms, bacon and flour.

**Bolognese sauce:** tomato, beef, onion, oil, salt and provençal herbs.

**Pesto sauce:** basil, salt, oregano, white pepper, extra virgin olive oil and potato.

**Green sauce:** fish stock, onion, garlic, sunflower oil, peas, parsley and salt.

**Meat sauce:** vegetable stock (onion, leek, carrot, tomato), water, cornflour and salt.

**Mushroom sauce:** sunflower oil, salt, black pepper, onion, milk, flour, button mushrooms, wild mushrooms and porcini mushrooms.

**Vegetable sauce:** green beans, carrot, potato, peas, sunflower oil, water, tomato, spices and salt.

**Mediterranean sauce:** tomato, red pepper, onion and olive oil.