

CAMPUS BROCHURE

CALENDAR



DATES

FROM 29 JUNE
TO 28 AUGUST



TIMETABLE

MORNING SESSION: 9.00AM TO
1.30 PM

LUNCH: 1.30PM TO 3.00PM

AFTERNOON SESSION: 3.00PM TO
5.30PM

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

AUGUST	
WEEK 6	4 August to 8 August
WEEK 7	10 August to 13 August
WEEK 8	18 August to 22 August
WEEK 9	25 August to 29 August

AUGUST TIMETABLE 9 AM TO 1.30 PM



TECHNICAL AND ADMINISTRATIVE STAFF

CLUB MANAGER: JOAQUIM GARCÍA

ADMINISTRATION: NURIA SANDALINAS

SPORTS SECRETARY: JESSICA CERRILLO

CAMPUS MANAGER: JUAN CARLOS BAÑOS

PHYSICAL TRAINING: SERGI ALBEROLA, ALEXIS CARRASCO

COACHES: DANIEL MERINO, CRISTIAN SALVADOR, SOULEY SANGARE, ANTONIO CAPELLA, ALEX CAPARROS, PAU GOMEZ, MARINA BATALLA, KATHERYNA CIURANA, DANIEL GARCIA, MARTINIANO GANEM, LAIA CHARLES, VANESSA PINTO, DAVID EGEE, DANIEL LATORRE.

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TENNIS CAMPS

1. The Tennis Campus is divided into two sections: Competition and Pre-competition (Under-18 / Under-14) and Advanced (Mini-tennis / Beginners). The technical management must approve the student's registration, ensuring that they meet the requirements to join the group.

2. Activities will begin at 9 am. From 8.30 am, a free childcare service will be available. The drop-off times are 1.30 pm for the morning session, 3 pm for the half-day session (including lunch) and 6 pm for the afternoon session.

3. Breakfast will be served from 11.00 am to 11.30 am, and you must bring your own. 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.

4. Lunch will be served from 1.45 pm to 3 pm. Lunch is already included in the price of the camp. A single-day meal ticket, in the event of occasional attendance, costs €13. Requests for daily meals will not be accepted after 11.00 am on the same day. Students who have to travel from the club for a competition will be provided with a picnic lunch.

5. When booking the full-day camp, it will be compulsory to have meals at the club within the times and as per the schedule provided.

6. The snack will be served at 4.45 pm and will be provided by the club

7. Students who do not hold a Federation tennis licence will be required to pay €10 per week towards compulsory accident insurance, in accordance with Decree 137/2003 on the Regulation of Leisure Activities. The insurance is provided by the brokerage firm COSTA-SERRA S.L.

8. The camp fees do not include the tournament administration/registration fee, which is €30 per week, regardless of the number of matches played. For the Under-14 and Under-18 competitive camps, the coach, together with the technical staff, will, at their discretion, contact the participants to register them for the tournaments

9. Students on the Competition Course will compete in the FCT Summer Circuit, the Catalan Championships, the Spanish Championships or Open Tournaments, always in accordance with technical criteria. Any exceptions will be agreed upon by the coaches in order to draw up the best schedule for the student. Students in the Advanced group who wish to compete and require advice may request this from the School Management. Registration will be handled by the club, but they will not be eligible for the tournament support/monitoring service.

10. Entry will be via the "Sangha Yoga" centre, located opposite the Hotel Canal Olímpic. Departure will be from the same location. After five minutes, the gates will close and access to the campus must be via the club's reception. In this case, parents or guardians must hand the pupil over directly to the relevant coach.

In the event of a delay in picking up a pupil, teachers will wait at the exit for 5 minutes. Once this time has elapsed, the pupil will be looked after by the teachers as follows.

- 13:35 waiting in the dining hall with a supervisor.
- 15:05 waiting on the bench by the training courts.
- 18:05 waiting on the seats in front of reception, without personal supervision.

11. The Management reserves the right to change the activities in the event of bad weather.

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

13. The full amount must be paid before the start of the course.

14. You may not enter the building unaccompanied or without permission from a supervisor, including the gym, bar-restaurant or changing rooms. This restriction also applies to breakfast.

15. Please bring a sports bag every day containing a drink (water or an isotonic drink), a change of clean clothes, a cap, sun cream (applied at home), a racket, 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.

16. We recommend that all belongings are labelled with your name to make them easier to find if lost. We recommend that you do not bring any 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.

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

SCHEDULE	MINITENNIS, BEGINNERS' AND ADVANCED COURSES	COMPETITION AND PRE-COMPETITION SUB-14 Y SUB-18
8:30 - 9:00	Pick-up service (free of charge)	Pick-up service (free of charge)
9:00 - 10:00	Tennis session on court	Specific physical training
10:00 - 11:00	Tennis session on court	Swimming Pool
11:00 - 11:30	Breakfast	Breakfast
11:30 - 12:30	Specific physical training	Tennis session on court
12:30 - 13:30	Swimming pool	Tennis session on court
13:30	Morning Departure	Morning Departure
13:45 - 14:45	Lunchtime	Lunchtime
14:45 - 15:00	Break	Break
15:00	Midday Departure	Midday Departure
15:00 – 16:45	Tennis session on court	Tennis session on court
16:45 – 17:00	Afternoon snack	Afternoon snack
17:00 – 17:20	Swimming Pool	Swimming Pool
17:20 - 17:30	Change of clothes and departure	Change of clothes and departure

** Note: The schedule of activities may vary depending on the weather, to accommodate the competitions on the circuit each week, or for technical reasons, to ensure that the groups are better balanced in terms of ability and age.*

1. The club will appoint a captain who will be responsible for registering students and accompanying them to tournaments; selection will be based on technical criteria.

To ensure everyone can take part, we have reserved places in advance for the various tournaments that form part of the competition circuit to be held.

2. The Club provides all members with a tennis coach who will handle all the administrative aspects of registration and the coordination of matches. The coach will also support the players during competitions.

3. Parents and/or guardians must sign the authorisation for travel, which is available on the Campus registration form.

4. To take part in FCT tournaments, you must hold an official Federation licence.

5. The Club will register players for the tournament one week before it takes place. Therefore, students who register after this date are not guaranteed a place.

Match schedules are usually published the day before the match takes place. At that point, the student will be informed.

6. Tournament fees range from €15 to €30 and must be paid by the student. Once registration has been completed, the fee is non-refundable, even in the event of illness or injury, as stipulated in the tournament regulations

7. During competitions, it will be compulsory to wear the Club's official kit.

8. Should a match coincide with lunch time, the club restaurant will provide a packed lunch.

9. We recommend that all parents of pupils who have enrolled for the first time in the Competitive Tennis Camp arrange a meeting with the Director, Juan Carlos Baños, to obtain further information.

10. One tournament per category will be selected as the official event, in addition to the Catalonia Championships and the Spanish Championships.

MENU

M^a CARMEN ÁVILA

Dietitian and Nutritionist | Colleague 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 leak 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.