

The Aston logo is positioned in the top right corner of the image. It consists of the word "aston" in a white, lowercase, sans-serif font, set against a dark blue rectangular background.

*"I was able to see the training centre, to attend the "ceremony" of the end of the week, and also to visit the residence and their room. And I am glad I did, as I could see that the organization is very good and that they are in a good environment. Thank you again for your help, and all my thanks as well to Felipe"*

**Luc & Isidore's grandfather** (13 & 11 year old, La Martinique , France)

The text "F.C. Barcelona Campus Summer 2015" is overlaid on the bottom half of the image. "F.C. Barcelona Campus" is in a large, white, sans-serif font, and "Summer 2015" is in a smaller, white, sans-serif font below it. The background shows young boys in red and blue training gear playing soccer on a green field with a chain-link fence in the background.

**F.C. Barcelona Campus**  
Summer 2015



# Programme

Driven by the passion that football and basketball arouse among children and by the benefits generated by sport, F.C. Barcelona and Sport Magazine have come together to create an official F.C. Barcelona Campus. Aston has also joined forces to accommodate all foreign participants.

This will be the tenth edition. All previous editions have been very successful, both in number of attendants as in organization. This Campus has always achieved its aim of giving 800 kids loads of enjoyment practicing their favourite sport. All places were sold out a month prior to its start. Both children and parents have been satisfied with the organization and most of them show us their willingness to repeat the experience.

We are pleased to announce that in the 2015 edition of the F.C. Barcelona Campus, ASTON will welcome and take care of: accommodation, breakfast & dinner, night activities, excursions, return airport transfers, daily supervised transportation to the camp and back to the residence from Monday to Friday, and welfare for all our international participants. This is also a great opportunity for foreign boys & girls to mix with native Spanish speakers (full immersion, 70% Spanish attendees); and getting to know Barcelona and surroundings in the evenings and over the weekends in a great and safe environment.

Simultaneously (same dates) also in Barcelona, ASTON is running a Residential Language Programme (Spanish or English language) with 15 hours of tuition plus sporting activities, beach, cultural visits and activities in the afternoon, 1 full and 1 half day excursions per week...in the same residence. You can choose to combine it with the F.C. Barcelona Campus, in case you prefer a mixture of sports and language.



**FCB ESCOLA  
CAMPUS  
SPORT**

## Juniors & Teens

### F.C. Barcelona Football Campus

**Ages:** 6-14

**Group size:** 10 teams (15 children each)

**Four levels:** Initiation, Pre-training, Training, Competition

### F.C. Barcelona Basketball

### Campus

**Ages:** 11-16

**Group size:** 10 teams (10 children each)

**Different levels**



# Football programme

## Equipment:

All participants will get the official kit of the F.C. Barcelona Football Campus, made up of:

- A backpack
- Two official T-shirts
- After-training T-shirts
- 2 shorts
- 2 pairs of socks

## Training location:

F.C. Barcelona Football Campus will take place in Barcelona at the Mini Estadi – F.C. Barcelona second team stadium

## Timetable:

Children will arrive at the F.C.B. Campus everyday from Monday to Friday at 09:00 hours staying in up to 19:00 hours.

The typical day will consist of:

- A training session in the morning (this session includes a snack break)
- Lunch in the dining room
- A training session in the afternoon
- Viewing of videos and theoretical classes.

The F.C.B. School is responsible for the F.C. Barcelona Campus technical management. The F.C.B. School managers are: Mr. Julio Alberto Moreno, Mr. Xevi Marcè and Mr. Iñaki Andreu.

Their team is made up of more than 10 trainers, who are in charge of coordinating their own teams. All of them have academic training and its corresponding academic qualification. These 10 trainers spend the rest of the year working from Monday to Friday at the F.C.B. School, teaching more than 500 pupils.

Each team of kids will be managed by an F.C. Barcelona School coach.

As an anecdote, F.C.B. School has trained football players such as Gerard Piqué.

FCBarcelona Campus will take place at the Mini Estadi – F.C. Barcelona second team stadium

Address: Av Arístides Mallol, s/n, 08028 Barcelona

## Work groups:

- 9 groups of 15 players
- 1 group of 15 goalkeepers
- 150 children per week

## Ages and levels:

- 2008 and 2009 -> Initiation
- 2006 and 2007 -> Pre-training
- 2004 and 2005 -> Training
- 2001 to 2003 -> Competition



# Basketball programme

The F.C. Barcelona basket Campus will take place from Monday to Friday (09:00 hours to 18:00 hours).

The F.C.B. School Basketball managers are Oscar Orellana and Iñaki Andreu who will be in charge of the F.C.B Campus; they will work together with the coaches of the Campus, responsible for coordinating their respective groups. All of them have an academic qualification and the corresponding official coaching title.

## Work groups:

- Ages: 11-16
- Group size: 10 teams (10 children each)

## Equipment:

Children will be given on their first day all necessary equipment for the basketball practice: shorts, T-shirt, socks and plimsoll shoes. Parents are advised that children should bring a second T-shirt in case they sweat profusely.

## Training location:

Ciutat Esportiva Joan Gamper. Address:: Avenida del Sol, s/n; CP: 08790; San Juan Despí (Barcelona)

## Timetable:

Children will arrive at the F.C.B Campus everyday from Monday to Friday at 09:00 hours staying in up to 18:00 hours.

The typical day will consist of:

- A training session in the morning (this session includes a snack break)
- Lunch in the dining room
- A training session in the afternoon
- Viewing of videos and theoretical classes.



# F.C. Barcelona Campus (Football & Basketball)

## Sport Goals:

- F.C. Barcelona Campus goals are:
- To learn, develop and improve the technical and tactical fundamentals of the game, be it individual or collective.
- To actively participate and enjoy the sports and leisure activities proposed.
- To develop proper sporting habits such as fair play, competitiveness and comradeship.
- To keep during the Campus all adequate dietary and hygienic habits.

## Training Session:

- The purpose of the F.C.B Campus sports is mainly for children to work the concepts of:
  - Football: to improve techniques, shots and dribbling, as well as other concepts like control and passing the ball.
  - Basketball: control, passing the ball and leadership.
- Specific training will be held, one in the morning and one in the afternoon depending on the age of the children. The younger kids will work more on technical and ball control aspects, while the older will focus more on tactical real game issues.
- Also training through analytical exercises (body posture specifically), or interrelated through games, matches or keeping the ball (matches without scores).

## Medical issues:

All participants in the F.C.B. Campus will be issued a medical insurance for accidents and/or illness.

If you have private health insurance, it is recommended bringing a copy of the private insurance card. It can be handed on the first day to our monitor. All cards will be stored and returned the last day of campus.

F.C.B. Campus has a physiotherapist in order to attend any little incidence like sprains and so on.

Should a major incident occur kids will be taken to the nearest hospital.

## Diet:

The diet during the Campus is conceived and designed for kids to develop sport activities following the dietary guidance of F.C.B.'s medical professionals. This team has prepared a comprehensive and balanced weekly menu which allows children to carry out sports activities.

Children who have some peculiar food allergy (to gluten, celiac, etc.) must notify this fact so they can be given a specific menu.

## F a m i l y presence:

Parents who accompany their children to F.C.B. Campus should avoid entering the premises to avoid disturbing the schedule and activities of the FCB Campus.

So parents get to know the F.C.B. Football Campus first hand, they are invited to a small party which will take place every Friday afternoon at 16.30 p.m.

So parents get to know the F.C.B. Basket Campus first hand, on the meeting day they will get to know the director and head of the F.C.B. Campus.

## Hydration

The hydration of athletes is essential. It is recommended to drink a lot of liquids (juice, smoothies, dairy). During training sessions there will be short breaks to drink fluids. It is very important to replace those fluids lost by the heat which children will be subjected to. The organizers will provide water to the participants.

# Excursions:

Our activity programme guarantees a healthy balance between training and leisure time that allows campers to relax and unwind. Our dynamic team organizes a full programme of elective social activities and outings. One full day and one half-day excursions per fortnight. Examples of excursions are as follows: (excursions vary depending on enrolment dates)

## Full-day excursions:

- Sitges: with its typical medieval centre and beautiful beaches
- Tarragona, a Mediterranean city mixing Roman history with medieval alleyways.
- Girona and Pals, a charming city and a medieval town.
- Lloret de Mar, a very popular coastal holiday resort
- Figueras: Toy museum/Dali and the Escala museum

## Half-day excursions:

- Laberinto Horta
- Outing to the Barcelona seafront, with its white beaches and peculiar skyscrapers. Olympic Port and Ciutadella Park
- Visit to the "Pueblo Español"
- Parc Güell
- Tibidabo Amusement Park
- Isla Fantasia Water Park
- Plaza Real, Gaudí monuments, Paseo de Gracia, Gracia district: design shops and typical cafes
- Sports at the beach
- A stroll down Las Ramblas – a kaleidoscope of flowers, merchants, out-door cafes, artists and performers
- A visit to Montjuïc's Castle and Magic Fountain

## Night activities:

Every night, our campers will enjoy night activities such as: Night of Countries, Night of Terror, Water Party, Talent show, Flamenco Party, Disco Party, Ibiza Party, Night of the Cooks, Big cinema, Casino night, Tribes Party

## Supervision &

## sign-out privileges:

Students who are born on 2000 or before are allowed to leave the residence during free time without monitors' supervision. These outings are optional and will not take place more than 3 evenings per fortnight (schedules established by the programme's director).

If the student does not respect the curfew or the programme rules this privilege will be revoked for the rest of the programme.

The residence has 24 hours supervision. Camp Director and instructors sleep on-site.

Students under 14 are not permitted off-campus without supervision but may request to be accompanied by a staff member or a group leader during leisure time.



# FC BARCELONA football campus timetable (basketball schedule is similar)

|          | MONDAY  | TUESDAY          | WEDNESDAY                        | THURSDAY         | FRIDAY           |            | SATURDAY           | SUNDAY   |                    |
|----------|---|------------------|----------------------------------|------------------|------------------|------------|--------------------|----------|--------------------|
| 8:30 AM  | G000000000D Morning + Healthy Breakfast! <b>BUENOS DIAS!!!:-D</b> |                  |                                  |                  |                  |            |                    |          |                    |
| 9:30 AM  | Training  |                  |                                  |                  |                  | Departures | Activity           | Arrivals | Full day Excursion |
| 11:00 AM | Pool  | Pool             | Visit Camp Nou, Museo FCB, Sport | Pool             | Pool             |            |                    |          |                    |
| 12:30 PM | Lunch   | Lunch            |                                  | Lunch            | Lunch            |            |                    |          |                    |
| 2:00 PM  | Video   | Video            | Lunch Picnic                     | Video            | Video            |            |                    |          |                    |
| 3:30 PM  | Competition   | Competition      | Competition                      | Competition      | Competition      |            |                    |          |                    |
| 5:30 PM  | Snack Activities  | Snack Activities | Snack Activities                 | Snack Activities | Snack Activities |            |                    |          |                    |
| 7:00 PM  | Shower  | Shower           | Shower                           | Shower           | Shower           |            |                    |          |                    |
| 8:30 PM  | Dinner  | Dinner           | Night out (only teens)           | Dinner           | Night out        |            | Half day Excursion |          |                    |
| 9:30 PM  | Night Activities  | Night Activities |                                  | Night Activities |                  |            |                    |          |                    |
| 11:00 PM | Sweet Dreams.....zzzzzz   |                  |                                  |                  |                  |            |                    |          |                    |



# Academic Programme

## Spanish/English Lessons:

### Spanish/English Lessons:

- 15 hours per week tuition. Monday through Friday - 3 lessons of 60 min./day + 10 min. break between lessons
- Qualified native Spanish/English-speaking teachers
- Different levels
- Placement test online before the beginning of the course
- Groups arranged by age and skills
- All academic materials supplied
- Course report and certificate awarded

**English and Spanish** will be the languages spoken throughout the Camp.

## Junior & Teen Camp

### Ages

Pioneers (6-10) / Rangers (11-14)

### Class Size

Approximately 12 students per class

### Different levels

## Adventure Programme

Our activity programme guarantees a healthy balance between training, study and leisure time that allows campers to relax and unwind. Our dynamic team organizes a full programme of elective social activities and outings.

The groups are arranged by age, and sports are adapted to each group's age range. The campers' groups (Pioneers and Rangers) alternate tuition and sports & activities, e.g. those doing classes in the morning will do sport & activities in the afternoon. Besides sports like football, basketball, swimming, volleyball, etc., students will go in for archery, quads, biking, river-crossing bike excursions, climbing, trekking, cross-country, orienteering, skill games and strategy team-building. Some of these activities take place at the facilities whereas others involve travelling to other sites. There is acting, dancing and arts & crafts too.

While the campers are going in for sports and activities, we promote respect, fun and team spirit at all times. The campers' safety and supervision are guaranteed at all times.

**Campers do a minimum of two sports and one activity per day.**





## Supervision & sign-out privileges

Our team members sleep on-site and supervise the campers 24/7; the Cabin Camp Director, the team of monitors and native-speaking teachers accompany the campers at all times and are responsible for their emotional and physical wellbeing. The campers do not leave the site alone. The monitor-student ratio is 1:10. For adventure activities and when travel is required, we have a higher number of monitors and professionals to oversee the group's safety.

At Aston, we know that having the right people in the team is the key, and that is why our selection process is exhaustive. More than 70% of the team members are returners, and this ensures that the camp runs smoothly.

# Excursions & Activities

As a break from their classes, campers have some free time everyday to spend in the pool or relax on site. Besides sport, other activities are available, such as dance, crafts, theatre, a camp magazine or mural workshops. And the best is yet to come! Every evening has a surprise in store: Talent Show, Disco, Sing-Star, Table Tennis and Pool, Carnival Night, Film Night, Bingo, Treasure Hunts, etc.

At the weekends, we take a trip to Osséja (a French village) and visit La Seu d'Urgell in the Catalan Pyrenees, where rafting or kayaking is practiced in the same site where these competitions took place during the Barcelona Olympics. On another day, we will visit Puigcerdá, also in the Catalan Pyrenees, and will camp the night there – weather permitting. We will confirm the dates for each activity several weeks in advance.



## TIMETABLE SAMPLE: WEEKLY SCHEDULE

|                      | Pioneers ( 6 a 10 anys)                    |           | Rangers (11 a 14 anys) |                 |         |          |             |              |          |          |                  |                                    |
|----------------------|--|-----------|------------------------|-----------------|---------|----------|-------------|--------------|----------|----------|------------------|------------------------------------|
|                      | MONDAY                                     | TUESDAY   | WEDNESDAY              | THURSDAY        | FRIDAY  | SATURDAY | SUNDAY      |              |          |          |                  |                                    |
| 08:30 am<br>09:30 am |  |           |                        |                 |         |          |             |              |          |          |                  |                                    |
| 10:00 am<br>01:00 pm | Lessons                                    | Team Work | Lessons                | Orientation Btt | Lessons | quads    | Lessons     | Conv. Sports | Lessons  | Climbing | Bye bye campers  | Full day excursion                 |
| 01:00 pm<br>01:30 pm | Dip in the POOL!!!                         |           |                        |                 |         |          |             |              |          |          |                  |                                    |
| 01:30 pm<br>02:30 pm | Lunch                                      |           |                        |                 |         |          |             |              |          |          |                  |                                    |
| 02:30 pm<br>03:30 pm | Relax + Siesta                             |           |                        |                 |         |          |             |              |          |          |                  |                                    |
| 03:30 pm<br>06:30 pm | Team Work                                  | Lessons   | Orientation BTT        | Lessons         | quads   | Lessons  | Conv.Sports | Lessons      | climbing | Lessons  | <b>Puigcerdà</b> | Arrivals                           |
| 06:30 pm<br>07:00 pm | YUMMY Snack :)                             |           |                        |                 |         |          |             |              |          |          |                  | Local Orientation +<br>Campus Tour |
| 07:00 pm<br>08:00 pm | Relax + Sports + Swimming Pool (Free time) |           |                        |                 |         |          |             |              |          |          |                  |                                    |
| 08:00 pm<br>09:30 pm | Shower + Dinner                            |           |                        |                 |         |          |             |              |          |          |                  |                                    |
| 09:30 pm<br>11:00 pm | Surprise                                   |           |                        |                 |         |          |             |              |          |          |                  |                                    |
| 11:00 pm<br>11:30 pm | Sweet Dreams...zzzz                        |           |                        |                 |         |          |             |              |          |          |                  |                                    |



# Academic Programme

## Spanish/English Lessons:

- 15 hours per week tuition. Monday through Friday - 3 lessons of 60 min./day + 10 min. break between lessons
- Qualified native Spanish/English teachers
- Different levels
- Placement test online before the beginning of the course
- Groups arranged by age and skills
- All academic materials supplied
- Course report and certificate awarded

Spanish will be the language spoken during the programme. All monitors and teachers speak English to help beginner students if necessary.

## Juniors & Teens

### Ages

10-14 / 14-17

### Class Size

Approximately 12

### Different levels

## Water Sports Programme

Sailing, windsurfing, paddle surfing and kayaking, 15h/week. Classes will be held on mornings or afternoons, alternately each week, learning how to sail in different weather conditions. Classes are scheduled, supervised and given in Spanish.

**Courses are offered for all levels** – beginner, advanced and racing – with theory and practical lessons taught by qualified Spanish instructors from the National Sailing School of Calanova. An official diploma issued by the National Sailing School of Calanova is awarded. Our campers learn to sail with a variety of boats: Splash, Laser 2000, Laser Radial, Optimist, Cadet. Students must only bring non-slip closed shoes to get on board.



## TIMETABLE SAMPLE: WEEKLY AND DAILY SCHEDULE

|                    | Juniors ( 10 - 14)   |              | Teens (14 - 17) |              | All             |              |                      |              |                 |              |                  |  |                            |
|--------------------|--|--------------|-----------------|--------------|-----------------|--------------|----------------------|--------------|-----------------|--------------|------------------|--|----------------------------|
|                    | MONDAY 29  |              | TUESDAY 30      |              | WEDNESDAY 1     |              | THURSDAY 2           |              | FRIDAY 3        |              | SATURDAY 4       |  | SUNDAY 5                   |
| 08:30am<br>09:30am | G000000000D Morning + Healthy Breakfast! BUENOS DIAS!!!:-D             |              |                 |              |                 |              |                      |              |                 |              |                  |  |                            |
| 09:30am<br>01:00pm | Water sports   | Lessons      | Lessons         | Water sports | Water sports    | Lessons      | Lessons              | Water sports | Water sports    | Lessons      | Activity / Beach |  | Valldemossa<br>+<br>Soller |
| 01:30pm<br>03:00pm | Lunch and Siesta   |              |                 |              |                 |              |                      |              |                 |              |                  |  |                            |
| 03:00pm<br>06:00pm | Lessons  | Water sports | Water sports    | Lessons      | Lessons         | Water sports | Water sports         | Lessons      | Lessons         | Water sports | Palma            |  |                            |
| 06:00pm<br>08:00pm | YUMMY Snack :) Relax + Swimming Pool + Beach // Free Time (only Teens) |              |                 |              |                 |              |                      |              |                 |              |                  |  |                            |
| 08:00pm<br>09:30pm | Shower + Dinner  |              | Shower + Dinner | Porta        | Shower + Dinner |              | Night Out : Porto Pi |              | Shower + Dinner |              | Shower + Dinner  |  |                            |
| 09:30pm<br>11:00pm | Surprise   |              | Surprise        | Portals      | Surprise        |              |                      |              | Surprise        |              | Surprise         |  |                            |
| 11:00pm<br>11:30pm | Sweet Dreams...zzzz  |              |                 |              |                 |              |                      |              |                 |              |                  |  |                            |