



ERTHEO

Est. 2001

HIGH PERFORMANCE FOOTBALL CAMPS IN CATALONIA



HELPING YOUR CHILDREN REACH THEIR FULL **POTENTIAL**

Empowering your
children's future

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Ertheo.com

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Ertheo is so much more than just sports camps

Ertheo is a **comprehensive resource centre** designed for student athletes.

We offer exclusive educational sports programmes designed for families who are looking to invest in unique experiences for their children's athletic, academic, and personal development to contribute to their future success.



With Ertheo, you will find:

- ✓ The **world's best sports programmes** for athletic development and personal growth.
- ✓ **An expert team of advisors** committed to guiding you through our sports programmes to find the one that fits you best.
- ✓ **Additional resources to support your development** both on and off the field.

Our Mission

We strive not only to support young athletes in their pursuit of excellence, but also to assist parents when confronted with complex decisions and contribute to their children's success in sports, education, and life.

Exclusive additional services by Ertheo:

We offer you added resources to make the most of your experience:

- ✓ **Travel and cancellation/interruption insurance.**
- ✓ **Ertheo parent and student guides** (free) to help you prepare your children for camp.
- ✓ **E-books and guides** to help our students achieve their maximum athletic and academic performance and contribute to their personal development.



Overview

- **Location:** Catalonia, Spain
- **Ages and genders:** 12 - 21 (Only boys)
- **Levels:** Intermediate, Advanced or Elite

This international camp is developed by the Catalonia High-Performance Academy and designed for outfield players and goalkeepers between 12 and 21 years of age who play at an intermediate, advanced, or elite level.

It is a highly-demanding camp that provides an integral and comprehensive training programme for those who are looking to take their football skills to the next level. You can choose from two or four-week programmes.

Students will be staying in a quiet and safe location just 40 minutes from El Prat Airport, but away from all the hustle and bustle.

The camp also offers recreational activities and field trips for students to make the most out of their free time, as well as an optional English or Spanish language course.

Moreover, the Catalonia High-Performance Academy offers long-term programmes for students who wish to continue their academic and football training once the camp is over.



Program Options

Check out the main features of the summer programmes available at this camp:

High-performance football camps in Catalonia	High Performance Camp (14 - 21 years old)
Program type	Players or goalkeepers (Only boys)
Training level	3.5/5
Training Intensity	3.5/5
Players level	3.5/5
Language classes	Optional: ENGLISH or SPANISH
Accommodation quality	4/5
Training facilities quality	4/5
Price	From 2999€ for 2 weeks



Clients who contact Ertheo before booking a camp or program are much more satisfied with their overall experience.

Do you have any questions? Ask Ertheo.

[Ask Ertheo](#)

Academy / Club history

The Catalonia High-Performance Academy works in close collaboration with the historic Nástic Tarragona, the third most important football club in Catalonia and one of the oldest in the country, founded in 1886.

Both entities are largely concerned with providing football training to young players, and recognize the vital importance of academic and personal development for athletes to be able to forge a solid professional career and increase their chances of success in the future.

Their teaching methodology and sports programmes, adapted to Spanish League gameplay, prepare football players for the highest level of competition, tactically, physically, and mentally.

Training Facilities

- **Training surface:** Artificial grass
- **Additional training facilities:** Gym, video-analysis room, and conference room
- **Quality:** 4/5

Training sessions are carried out daily at the campus' sports facilities. On occasion, some may be held at the beach or at the official facilities of Nástic Tarragona.

The onsite sports facilities have been specially designed for high-performance athlete training. They feature a UEFA-size training pitch, a gym, a medical office, a physiotherapy room, swimming pools (indoor and outdoor), video-analysis rooms, and a running track.

There are also paddle courts, a cafeteria, and different communal areas for students to use during their free time.

In 2021, the academy invested around 2 million euros and underwent a major renovation project to update and improve both the accommodation and the sports facilities.

Training

- **Skill level:** Intermediate, advanced, or elite
- **Other soccer education features:** Seminars, competitions, recovery sessions, and injury prevention practices
- **Students per training group:** Up to 15
- **Training language:** Spanish
- **Training intensity:** 4/5

The Catalonia camp offers a professional high-performance training programme that is intensive, demanding, and tailored to students' needs.

This innovative programme combines the most successful educational methods of European football taught by a professional coaching staff, with the physical and mental conditioning systems adopted by top-level university athletes in the United States.

Although a certain level of fitness and skill is required, what we value most is a positive attitude, willingness to listen and learn from our coaches, as well as a relentless dedication to improvement.

This is an extremely demanding programme that constantly forces our players to break out of their comfort zones and face new physical and mental challenges in order to surpass themselves. Here you will learn how to train, think, focus, eat, and rest in the way professional football players do.

Our training sessions consist of technical, tactical, and strategic exercises together with fitness, recovery, and injury prevention practices. We also hold in-house tournaments to effectively implement what has been learned.



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Coaches

- **Licenses:** UEFA Pro License, Marcet Coaching Course Certification
- **Coaching experience:** FC Barcelona, Real Madrid, Mexico National Team, and other first division club teams around the world
- **Playing experience:** Real Madrid, Boca Juniors, CF América, CF Atalanta, and CD Toluca
- **Languages:** Spanish (coaches speak basic English)

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Language classes

- **Native teachers:** Yes
- **Hours per week:** 7.5 hours per week
- **Quality of the classes:** 3,5/5

The Catalonia High-Performance Football Camp offers optional English or Spanish lessons.

Students who choose to take the optional language course will have 1.5-hour lessons every day, taught by native teachers.

These language classes are mainly focused on improving students' communication skills (speaking and listening comprehension).

Every lesson will be football-oriented to ensure a successful learning experience, attracting the interest of students and encouraging their participation.

Camp Schedule

High-Performance Program (12 – 21 years old)

Schedule	
08:00	Wake Up Call
08:30	Breakfast
09:30	1st Training Session
14:00	Lunch
15:00	Language Lessons
17:30	2nd Training Session/Football Workshops
20:30	Dinner
21:30	Leisure Time
23:00	Bedtime

The following schedule demonstrates a typical day at camp. The exact camp schedule will most likely vary from day to day.

Field Trips

The two-week programme includes two full-day and two half-day scheduled field trips: Visit to the Port Aventura Amusement Park, visit to a water park, visit to Camp Nou, visit to the Nástic Tarragona facilities.

Accommodation

- **Name of the facilities:** Camp Joliu Residence
- **Location (distance from training facilities):** All facilities are onsite
- **Types of rooms:** Shared rooms (doubles or triples)
- **Bathrooms (private or shared):** One shared bathroom for every 4/6 students
- **Quality:** 4/5

The Catalonia High-Performance Academy is located at the Camp Joliu campus, which is one of the most important international schools in the region. It is a quiet and secluded location surrounded by extensive fields. Although it's situated away from the hustle and bustle, it is still strategically close to Barcelona, just 40 minutes from El Prat Airport and from the city center.

The campus provides an excellent learning environment, specially designed for personal growth and competitive, high-performance athletic development. All camp facilities are onsite. The residence can accommodate up to 100 students in double and triple rooms, which were refurbished in 2021. It also features a UEFA-size football pitch, a school, two swimming pools, paddle courts, a cafeteria, a restaurant, video-analysis rooms, and communal areas, among other facilities.



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Safety

The camp takes place in a very quiet and safe location in Catalonia, surrounded by countryside and away from large urban areas.

All camp facilities are onsite, including training sessions and language classes. There is no need for transfers! Students will only leave the premises to attend scheduled field trips, where they will be accompanied by the supervision team responsible for ensuring everyone's safety.

On the campus, students are monitored 24/7.

On the first and the last days, the academy offers an optional transfer service for students who are travelling alone and wish to be accompanied by a supervisor.

This camp is for you if

- If you are looking for high-performance football training with advanced-level players.
- If you are looking for a long-term academy to develop your skills as a footballer.
- If you wish to prepare yourself to study and compete at an American university.
- If you want to live a unique experience of personal growth.

This camp is **NOT** for you if

- If you are still at a beginner level or you only play football as a hobby.
- If you are looking for a camp with lots of leisure and recreational activities.



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Prices and Dates

Duration (Weeks)	High-performance football camps in Catalonia	
	High Performance (12 - 21 years old)	
2 Weeks	£ 2938	2999 € \$ 3478

- These courses are subject to a registration fee of 100 € (\$ 118 or £ 97).
- The official rate of this program is determined in **EUROS** so the final amount in other currencies may vary slightly due to currency fluctuation.
- These prices are indicative, to see final prices please visit Ertheo.com

Starting Dates

High Performance (12 - 21 years old)			
02 July			

Improved booking conditions for all camps
make your reservation more easily and with less risk

- We've lowered the deposit required to reserve your camp to just 500€
- Free cancellation until March 1st
- Money-back guarantee within 10 days
- Optional insurance

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Extra Services

You can purchase one of the extra services below at an additional cost:

INSURANCE

We have different insurance options with **special coverages**, so you can insure your camp reservation according to your needs:

- **Cancellation and Interruption Insurance:** Cancellation and interruption insurance allows you to recover your payment if you cancel or interrupt the camp for a justified cause (including illness from COVID-19 and 35 other causes).
- **Travel/Medical Insurance:** With this insurance policy, you'll be covered for medical assistance abroad and possible expenses caused by situations resulting from COVID-19, such as needing to extend your stay up to 40 days, as well as other general situations such as loss of luggage, unforeseen ticket changes, etc.

TRANSFER SERVICE

There are two types of transfer services available that we'll detail for you below:

- **Standard transfer service:** the camp offers an optional transfer service for participants who request it from the nearest airport to the residence (or vice versa). Check with Ertheo for schedules and prices for this service.
- **Special transfer with additional unaccompanied minor service:** Participants who fly to camp alone and have contracted the unaccompanied minor service with their airline must hire this special transfer with accompaniment so that the child isn't left alone in the airport. Check with Ertheo for schedules and prices of this service.

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SIGN UP

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Option 1 (RECOMMENDED)*

1. Click **Ask Ertheo** if you have a question or would like to learn more about this program

2. Discuss your **questions or concerns** with one of our Sports Program Consultants via telephone or email

3. Select a program and receive a personalized quote

4. Make the first **payment** to start the enrollment process

Ask Ertheo

Option 2

1. Click **Sign up now** to receive a personalized quote

2. Receive a **personalized quote** along with additional information about the program

3. Make the first **payment** to start the enrollment process

SIGN UP NOW

