

Pre Camp Inspection Trips

We can arrange your hotel accommodation and transfers for an in depth inspection trip before you book or plan your trip. Alicante is the nearest airport.

Your club coach or team manager are welcome to view all our facilities. We will meet, greet and transfer you to all the sports venues we have.

This gives you the opportunity to sample the hotel , the surrounding area, our equipment list as well as your chosen sports facilities.

Alternatively we can visit your own club to discuss all that you need for your Rugby Camp in Spain.



NOTES:

- The G4 Rugby Surface is heavily watered minutes before each training session, allowing maximum shock absorbancy throughout.
- We can arrange extra excursions and also visits to local restaurants.

WARM WEATHER RUGBY TRAINING CAMP

SPAIN ALICANTE

TORREVIEJA SPORTS CITY

G4 RUGBY STADIUM



Professional, Semi Pro, Amateur, Colleges , Universities and Schools.



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CONTACT
RUGBY CAMP AND SPORTS EVENT COORDINATOR

Rich Draper

Email: Richdraper1@yahoo.com

Destination

Our Rugby Camp is situated on the Costa Blanca, Alicante near the City of Torrevieja. The superb Sports City will host your team throughout the duration.

We are only 45 minutes from Alicante airport.

The Rugby Stadium is the home of Torrevieja Tigers Rugby Club and entertains many regional trials and games.

Professional, semi pro, amateur, schools and universities. We can budget and accommodate for all levels.

Facilities include fully equipped Gymnasium, Olympic Swimming Pool {Winter}, Outdoor Laned Pool { Summer }, Athletic Track, Indoor Training Arena and MMA, Cross Fit Arena.

We have a complete Rugby equipment list for Union and League.

The Rugby Stadium is an 8 minute shuttle run from the hotel. All transfers between Airport-Hotel and Sports City are complimentary and inclusive.



DAILY PROGRAM

We can edit, add and coordinate your daily schedule to your own requirements and specifications. Extra Ice, Fruit and Water are supplied during the day.

Below is a sample of a FULL days training program.

7am	BEACH WORKOUT
8.30am	Breakfast
9.30am	Transfer to Sports City
9.45am	G4 RUGBY STADIUM SESSION
12pm	Transfer to Hotel
12.30pm	Lunch
2pm	Transfer to Sports City
2.15pm	GYM/OLYMPIC POOL/ATHLETIC TRACK/INDOOR ARENA
3.30pm	G4 RUGBY STADIUM SESSION
5pm	Transfer to Hotel
6pm	CONFERENCE ROOM/MEETING
7.30pm	DINNER

This program ensures smooth logistics and privacy.

There are options of friendly matches in either League XIII or Union XV, 9's and 7's DEPENDING ON PLAYING STANDARD AND ABILITY.

The Cross Fit Arena for power, strength and conditioning needs to be booked in advance and is an extra cost.

Maximum 15 persons at any one time.

QUOTE

To be able to quote you exactly we need the following information:

- Proposed Dates
- Number of nights
- Number of days training
- Proposed daily training schedule and specific training venues required.
- Number of people travelling
- B&B / Half Board or Full Board

Email Event Coordinator Rich Draper richdraper1@yahoo.com

or contact us through the website - www.trainingcampspain.com

BOOKING FORM

TEAM

TEAM MANAGER

EMAIL

ARRIVAL DATE

DEPARTURE DATE

FLIGHT NO.S

FLIGHT TIMES

SPECIAL REQUESTS

NUMBER OF PEOPLE TRAVELLING

TOTAL NUMBER OF NIGHTS

TOTAL NUMBER OF TRAINING DAYS

TRAINING CAMP TOTAL COST

TRAINING CAMP DEPOSIT 20%

TRAINING CAMP FINAL BALANCE

(DUE 4 WEEKS PRIOR TO ARRIVAL)

PREFERRED METHOD OF PAYMENT:

PAYPAL CHEQUE BANK TRANSFER

HOTEL ACCOMMODATION

After the initial Meet and Greet at the airport, you will be transferred directly to the hotel.

Hotel Playas de Torrevieja, formerly called Hotel Cabo Cervera, three stars, is located in front of the Mediterranean sea just 250 meters from the beach of La Mata and 5 kilometers from the town centre.

The hotel has 186 rooms with sea view on two towers of nine floors. The rooms are spacious, sleeps up to 6 people, and very comfortable.



Mediterranean cuisine, Conference Rooms, Storage Rooms, Walking distance to bars and restaurants, Free WiFi, Entertainment room, Pool, Small hotel gym, Miles of boardwalks and beaches.

We can arrange private dining and any special requests regarding the menu we will be happy to oblige.

Team meetings held in the conference rooms will have additional flip chart and video projector if needed.

TRAINING FACILITIES

G4 Rugby Stadium, Fully Equipped Gymnasium, Cross Fit Arena, Olympic Swimming Pool, Outdoor Laned Pool, Athletic Track, Beaches, Boardwalks, Indoor crash mat Arena



The Cross Fit Arena, for strength and conditioning, is a privately run facility, available only between 7:30am-9am. Maximum 15 players at any one time.

STANDARD DAILY TRAINING EQUIPMENT LIST AND EXTRA INFORMATION

- 4 x Heavy Tackle Bags
- 16 x Blocking Pads
- 50 x Coloured Training bibs
- Physio Table
- Numerous Cones
- Agility Rings
- 10 x League balls
- 10 x Union balls
- Resistance Bungie Ropes 2 x ankle 2 x small 2 x large
- Medicine Balls
- Swiss Balls
- 6 x Large hurdles
- 6 x Small hurdles
- Agility Ladders
- Boxing Gloves and Pads
- KickBox Pads
- Tyres and Ropes

Extra Ice, Fruit and Water on Training Days

Laundry Service.

Conference Rooms, Flip Chart, Video Projector.

24/7 Event Management Team: 20 years Rugby experience – Union and League

Daily Shuttle to and from the Hotel and Rugby Stadium. 8 minutes.



Meet The Team
with over 60 years of experience

		
Michael Training Camps Coordinator and Manager, 17 years experience, 10 years Rugby, 20 years experience, 20 years	John 17 years experience, 10 years Rugby, 20 years experience, 20 years	Tony 17 years experience, 10 years Rugby, 20 years experience, 20 years

OUR 24/7 EVENT MANAGEMENT TEAM AND ARE FULLY INSURED.
£10 MILLION PUBLIC LIABILITY.

IT IS EXPECTED THAT ALL GROUPS TRAVELLING ARE INSURED
TO TRAVEL AND PLAY SPORT ABROAD INDIVIDUALLY
AND/OR COLLECTIVELY