



HIGH PERFORMANCE

WOMEN EXPERIENCE

CD ALCALÁ DE HENARES
JUNE & JULY (SUMMER EDITION)
30 TO 27

»» WHO IS IT INTENDED FOR?



**INTERNATIONAL PLAYERS BORN FROM
2014 UNTIL 2008**



The Atletico de Madrid Academy, due to its high degree of collaboration and respect towards any club or sporting entity, informs that all those players who are interested in participating in this experience and come from a club belonging to 1st or 2nd Division of the Professional League of their country or similar, should contact the organization of the campus through the established channel to comply with the procedure provided.

»» OUR CLINIC



The experience includes morning and evening training, along with recreational and educational activities detailed in the program. The organization is weekly.



The essence of our program is to approach the work with the player in the most individualized way possible. Thanks to our previous analysis in the application, we can know the positioning and conditions of each player, being able to adapt the training sessions to the needs of our players.





SPORTS CENTER

The Alcalá de Henares Sports Center, training venue of the women's first team and official headquarters of the UEFA Youth League.



Stadium with capacity for more than 3000 people.



6 football fields



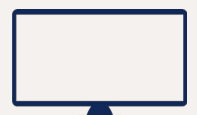
35 changing rooms.



Medical centre.



Physical therapy and rehabilitation rooms.



Multimedia rooms.



Cafeteria and restaurant.



RESIDENCE



01

Our location

The Atlético de Madrid Residence, located in San Sebastián de los Reyes, Madrid, will provide you with all the comforts to enjoy a top-level sports experience.

02

100% Atleti experience

Facilities themed, completing the Atlético de Madrid experience. You will live wrapped in the colors and spirit of the Club.



Leisure

Recreation areas, terrace and lounges, where players can relax and share their experiences.



Security

The facility has security and personnel available 24 hours a day.



Food

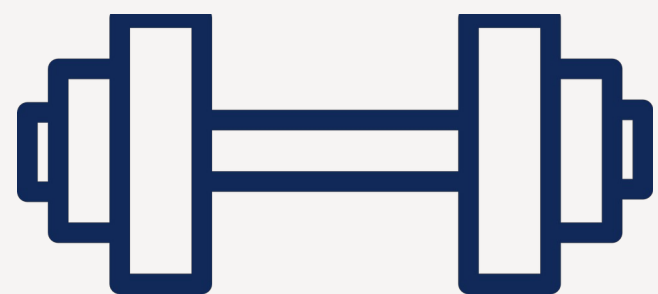
Buffet prepared by the club's nutritionists, following standards of an elite athlete's diet



Classes

There are classrooms where the different language classes will be taught during the stay.

»» FACILITIES



GYM

A fully equipped space with state-of-the-art equipment to improve players' physical condition



Physical therapy and Recovery Room

All players will be assisted in case of any injury by our team of professionals.



Study rooms

The sports center has two study rooms where coaches will teach the different tactical-technical classes.

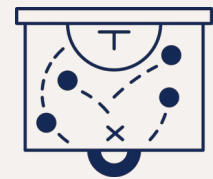


➔ ABOUT OUR OFFICIAL ACADEMY STAFF



A differential aspect of our program is to be able to count on our own coaches, physical trainers and analysts of our Academy teams. Thanks to their experience, knowledge of the methodology and technical development applied to the game, they will take your performance to a higher level.

In our technical STAFF each week we will always have:



Official Academy coaches: our coaches participating in the Campus lead their own team within the Academy structure. They will develop the work microcycle of the week in line with the rest of the technical staff and will live together during the week at the hotel.



High Performance Analyst: will record each and every one of the participants for subsequent analysis with the creation of an individual video that will be sent to the player, which will detail positive aspects and aspects to improve.



Physical trainer of the Academy: will lead the activation work, measurements, gym and return to calm according to the periodization of our teams.





➤➤ ABOUT OUR OFFICIAL ACADEMY STAFF



Monitor and educator: responsible and accompanying the players 24 hours a day. They will live with the players and accompany them in all transports and experiences, leading the group dynamics for the improvement of coexistence.



Medical staff: on-site care of players in case of any incident.



Coordination and Sports Management of the International Area of the Academy: day to day follow up and internal management.



»» WHAT DOES THE PROGRAM INCLUDE?



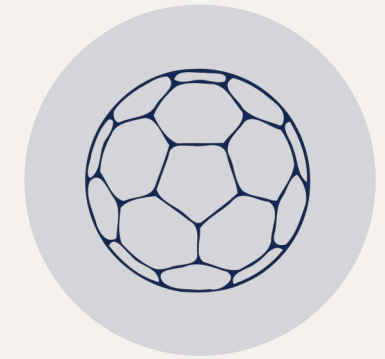
Accommodation in official high performance Academy Residence.



Daily transportation included. Possibility of pick-up at the airport and station.



Medical insurance for injuries + sports accidents. Additionally, each participant must bring their private insurance.



Eight (8) morning workouts (in double session) of 50' and three (3) afternoon workouts of 75'.



Full board and laundry service.



Personalized video of technical-tactical actions and player's report by the club's official analyst.



Monitor responsible for the group 24 hours a day.

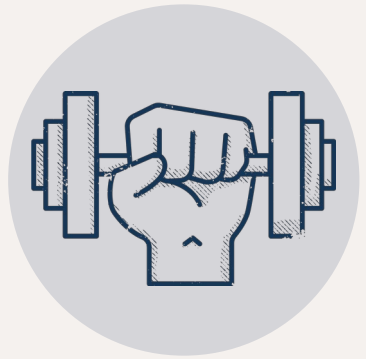


Visit to Madrid City.



Visit to Riyadh Air Metropolitano* and Territorio Atleti.

»» WHAT DOES THE PROGRAM INCLUDE?



Activation and strength development workouts in the gym.



Visit to the Legends Museum, Home of football.



Certified diploma by the Atlético de Madrid Academy.



Personalized official first team jersey screen-printed with the player's name.



Group dynamics aimed at improving team building.



Formative talks (club values and player analysis).

➔ ADDITIONAL INFORMATION

01



Staff

A monitor or coordinator will come with the driver to pick up the player at the station or airport. The monitors will be in coexistence with the players 24 hours a day covering all the needs that they may have.

02



Emergencies

All participants in the program will be insured under our private medical accident and sports injury insurance.

Additionally, as an essential requirement for participation, they must bring their private medical insurance, as the coverage provided by our insurance is exclusive to sports practice.

03



Transport

All transportation is included in the program. The transports, will be carried out by our staff and/or private drivers. They will be in charge of receiving them at the agreed spot as well as transporting the players to and from each activity.

04



Equipment

Players will be provided with full equipment (3 T-shirts, 3 shorts, 3 pairs of socks) Official Academy walking outfit (polo shirt, 2 sweatshirts, pants) for the entire stay and daily laundry service.

05



Include always in your luggage

- Winter clothing (Comfortable personal clothing intended for low temperatures)
- Soccer boots and street running shoes.
- Flip-flops, towel, bathing suit and toiletry bag.
- It will not be allowed to wear or bring clothes or backpacks from other professional soccer teams.



**It will not be allowed to bring clothing or backpacks from other professional soccer teams.*



SPORTS CENTER POLICIES

Uniform

Sneakers, white Nike long socks, training t-shirt and training shorts.

Gym and field

It is forbidden to use or dispose of the facilities without the authorization of a person in charge.

Your belongings

The player's belongings will always be his responsibility and he must take care of them with the minimum diligence required.

Welcome and farewell

Shake hands with members of the coaching staff and other responsible persons upon arrival and departure from the activity.

Material

The player must be responsible for the use and care of the sports equipment used during the sport activity.

Injuries

Players must inform the TC of their injury situation. Afterwards, they will be accompanied to the medical services.

RESIDENCE POLICIES



Punctuality

Players must always be punctual, especially at meal times.



Departures from the residence

Players may not leave the residence without the authorization of those in charge and always accompanied by a monitor.



Laundry

Sports uniforms must be deposited and picked up well in advance for sports practice.



Hygiene and rest

Players must comply with the minimum hygiene requirements each day. In addition, the rest time (from 11:00 p.m.) must always be respected.



Order and cleanliness

The use and care of the spaces in the residence should always be in accordance with what has been found.



Transport

Players must be there 5 minutes before the bus departure time.

***All clothing, both personal and sporting, must be marked with the player's name and surname.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Arrival and pick-up at Adolfo Suárez Adolfo Suárez Madrid Barajas or station (8:00 - 22:00)	8.00h – 8:15h Good Morning	8.00h – 8:15h Good Morning	8.00h – 8:15h Good Morning	8.00h – 8:15h Good Morning	8.00h – 8:15h Good Morning	ATM ACTIVITY	Pick up, farewell and transfer to Adolfo Suárez Madrid Barajas Airport or train station.
	8.15h – 8:45h Breakfast and hygiene	8.15h – 8:45h Breakfast and hygiene	8.15h – 8:45h Breakfast and hygiene	8.15h – 8:45h Breakfast and hygiene	8.15h – 8:45h Breakfast and hygiene		
	8:45 – 9:00h Transfer Residence - CD Alcalá	8:45 – 9:00h Transfer Residence - CD Alcalá	8:45 – 9:00h Transfer Residence - CD Alcalá	8:45 – 9:00h Transfer Residence - CD Alcalá	8:45 – 9:00h Transfer Residence - CD Alcalá		
	9:30h – 10.00h Gym	9:30h – 10.00h Gym	9:30h – 10.00h Gym	9:30h – 10.00h Gym	9:30h – 10.00h Gym		
	10:00h – 12.00h Technical-tactical training	10:00h – 12.00h Technical-tactical training	10:00h – 12.00h Technical-tactical training	10:00h – 12.00h Technical-tactical training	10:00h – 12.00h Technical-tactical training		
Reception at Residence, presentation, delivery and distribution of rooms.	12.15h – 12:45h Intake, transfer to Residence	12.15h – 12:45h Intake, transfer to Residence	12.15h – 12:45h Intake, transfer to Residence	12.15h – 12:45h Intake, transfer to Residence	12.15h – 12:45h Intake, transfer to Residence		
	12:45 – 13:10 Shower, hygiene and laundry	12:45 – 13:10 Shower, hygiene and laundry	12:45 – 13:10 Shower, hygiene and laundry	13:10h – 15:00h Lunch and resting time	12:45 – 13:10 Shower, hygiene and laundry		
	13:10h – 15:00h Lunch and resting time	13:10h – 15:00h Lunch and resting time	13:10h – 15:00h Lunch and resting time	14:30h – 15:00h Transfer CD Alcalá - Civitas Metropolitano	13:10h – 15:00h Lunch and resting time		
	15:10h – 16:00h Talk on ATM values at the Residence	15:10h– 16:00h Group dynamics (Teqball Tournament)	15:00 – 16:00h Group Dynamics (Atletico de Madrid Kahoot)	15:00h – 16:00h Visit Riyadh Air Metropolitano Stadium	16:10 – 17:00h Group Dynamics (Atletico de Madrid Kahoot)		
	16:00 – 16:30h Snack and preparation for transfer	16:00 – 16:30h Snack and preparation for transfer	16:00h – 16:30h Transfer Residence - Neptune	16:00h – 16:30h Transfer Cívitas Metropolitano - Residence	16:00 – 16:30h Snack and preparation for transfer		
	16:30 – 17:00h Transfer Residence - CD Alcalá	16:30 – 17:00h Transfer Residence - CD Alcalá	16:30 – 17:00h Snack in Madrid	16:30 – 17:00h Snack in Residence	16:30 – 17:00h Transfer Residence - CD Alcalá		
	17:15 – 18:30h Competition training	17:15 – 18:30h Competition training	17:00 – 20:00h Madrid city visit	17:00h - 18:45h Resting time	17:15 – 18:30h Competition training		
	18:30 – 19:30h Transfer CD Alcalá - Residence, personal hygiene	18:30 – 19:30h Transfer CD Alcalá - Residence, personal hygiene			18:30 – 19:30h Transfer CD Alcalá - Residence, personal hygiene		
	19:30 – 21:00h Group dynamics (Ping-Pong Tournament)	19:30 – 21:30h Group dynamics (Cinema)	20:00:- 20.45h Transfer Neptuno - Residence	18:45 – 20:45h Group dynamics (Cinema)	19:30 – 21:00h Closing Ceremony Residence		
	21:15h - 23:00h Dinner, laundry, family time and good night	21:30h - 23:00h Dinner, laundry, family time and good night	20:45h - 23:00h Dinner, laundry, family time and good night	20:45h - 23:00h Dinner, laundry, family time and good night	21:15h - 23:00h Dinner, laundry, family time and good night		

➤ BE PART OF OUR INTERNATIONAL HIGH PERFORMANCE CLINIC



In July 2025, we kick off our exclusive High Performance experience that has so influenced our participants in previous editions.

participants in previous editions.

More than 100 personally selected players have been able to enjoy a unique and individualized program.

LIVE, TRAIN AND PLAY LIKE A HIGH PERFORMANCE PLAYER

- They will reside in the Official Residence for the Atlético de Madrid players with full accommodation.
- They will train at **Civitas Alcalá de Henares Training Complex** using the adapted methodology of the Academy.
- They will be trained as an Atlético de Madrid player through **individualized technical-tactical talks** and group dynamics.
- They will enjoy recreational experiences such as visits to the Stadium, Madrid city, the LaLiga Legends Museum and Warner Park Madrid.
- The objective is to attract players from all over the world who have the technical, physical and tactical conditions- for enjoying a High Performance camp.
- A superior level of performance and development of the participants is guaranteed under the expertise of the official Academy coaches.
- The quality of the program is assured by the **personal evaluation** of each application by Academy and technical experts.



THANK YOU!