



# HIGH PERFORMANCE EXPERIENCE

LIVE THE EXPERIENCE OF AN ELITE PLAYER



ALCALÁ DE HENARES · MADRID

2025/26

# » WHO IS IT FOR?



INTERNATIONAL PLAYERS BORN FROM  
2015 to 2009



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

## » OUR CLINIC



The experience includes morning and afternoon workouts, as well as recreational and educational activities detailed in the program. The organization is weekly.



The essence of our program is to approach working 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 COMPLEX



The Ciudad Deportiva de Alcalá de Henares, training headquarters of Atlético de Madrid B, women's first team and official headquarters of the UEFA Youth League.



Stadium with capacity for more than 3000 people.



7 Football fields.



35 Changing rooms.



Gym.



Medical center.



Physiotherapy and rehabilitation rooms.



Multimedia rooms.



Cafeteria and restaurant.



# RESIDENCE



01

## 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% Atletico experience

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



### Leisure

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



### Security

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



### Food

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

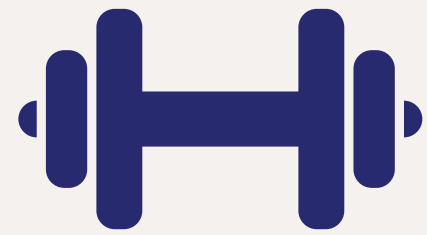


### Multipurpose rooms

There are classrooms where the different talks or group dynamics will be given during the stay.



# »» FACILIDADES



## GYM

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



## PHYSIOTHERAPY AND REHABILITATION ROOM

**All players will be assisted in the event of any injury by our team of healthcare professionals.**



## STUDY ROOMS

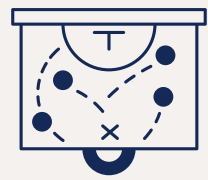
**The Sports Center has two study rooms where coaches will give different tactical-technical talks.**

# ABOUT OUR ACADEMY'S OFFICIAL STAFF



A differential aspect of our program is being able to count on our own coaches, physical trainers and analysts from 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 every week we will always have:



**Official Academy Coaches:** our participating coaches on the Campus lead their own team within the Academy structure. They will develop the week's microcycle of work in tune with the rest of the coaching staff and will live together during the week at the hotel.



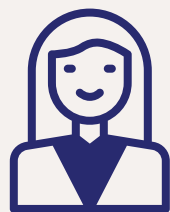
**High Performance Analyst:** It will record each and every one of the participants for later analysis with the creation of an individual video that will be sent to the player, in which positive aspects and aspects to improve will be detailed.



**Academy Physical Trainer:** will lead the work of activation, measurements, gym and cool-down according to the periodization of our teams.



# >> ABOUT OUR ACADEMY'S OFFICIAL STAFF



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



**Medical Staff:** On-site attention to players in case of any incident.



**Sports Coordination and Management of the International Area of the Academy:** Daily monitoring and internal management.



# » ¿QUÉ INCLUYE NUESTRO PROGRAMA? I



Accommodation in the official High Performance Residence of Academy players.



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



Sports injury and accident medical insurance (each participant must bring their private insurance).



Morning training (double session) of 50' and afternoon training of 75'.



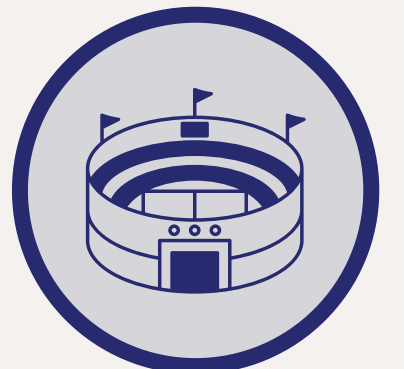
Full board and laundry service.



Personalized video of technical-tactical actions made by official club analysts.

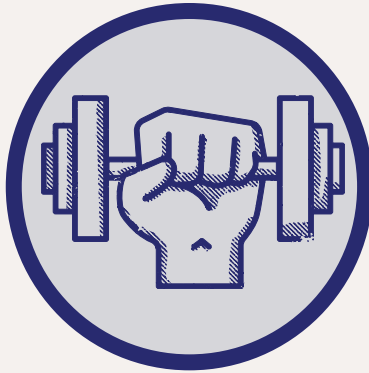


Monitor responsible for the group 24 hours a day.



Visit to Riyadh Air Metropolitano\* /Atleti Tour & Museum

# »» ¿QUÉ INCLUYE NUESTRO PROGRAMA? II



Activation and strength training in the gym.



Visit to the city of Madrid.



Official first team jersey personalized screen-printed with the player's name.



Group dynamics aimed at improving teamwork.



Training talks (club values and player analysis).



Diploma certified by the Atlético de Madrid Academy.

*\*The visit to Madrid may be modified.*



# ADDITIONAL INFORMATION



01



## Staff

A monitor or coordinator will go 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 they may have.

02



## Emergency

Todos los participantes en el programa estarán asegurados con nuestro seguro médico privado de accidentes y lesiones deportivas.

Además, como requisito imprescindible para participar, deberán traer su seguro médico privado, ya que la cobertura que ofrece nuestro seguro es exclusiva para la práctica deportiva.

03



## Transport

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

04



## Equipment

Players will be provided with full equipment (3 shirts, 3 shorts, 3 pairs of socks), official Academy outing clothing (polo shirt, 2 sweatshirts, trousers) for the entire stay and daily laundry service.

05



## Always pack in your luggage

Summer clothing (comfortable personal clothing designed for high temperatures), football boots and street shoes, flip-flops, towel, swimsuit and toiletry bag.

Clothing or backpacks from other professional football teams will not be allowed to be carried or brought.



## SPORTS CENTER POLICIES

### Uniform

Sneakers, white *Nike* long socks, training shirt and training shorts.

### Welcome and farewell

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

### Gym and field

It is forbidden to use or dispose of the facilities without the authorisation of a responsible person.

### Material

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

### Your belongings

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

### Lesions

Players must inform the TC of their injury situation. They will then be accompanied to medical services.

## RESIDENCE POLICIES



### Punctuality

Players must always be punctual, especially at lunchtime and when travelling.



### Departures from the residence

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



### Laundry

Sports uniforms must be deposited and collected sufficiently in advance for sports practice.



### Hygiene and rest

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



### Order and cleanliness

The use and care of the spaces of the residence must always be according to what is found.



### Transport

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

**\*All clothing, both personal and sports, must be marked with the name and surname of the player.**

| SUNDAY                                                                                                                                                 | MONDAY                                                                                                                                             | TUESDAY                                                                                                                                        | WEDNESDAY                                                                                                                                            | THURSDAY                                                                                                                                             | FRIDAY                                                                                                                                    | SATURDAY                                                                                                  | SUNDAY                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Arrivals and pick-ups<br>8:00 a.m. - 10:00 p.m.<br>                   | 8:00 a.m. – 8:15 a.m.<br>Good morning                                                                                                              | 8:00 a.m. – 8:15 a.m.<br>Good morning                                                                                                          | 8:00 a.m. – 8:15 a.m.<br>Good morning                                                                                                                | 8:00 a.m. – 8:15 a.m.<br>Good morning                                                                                                                | 8:00 a.m. – 8:15 a.m.<br>Good morning                                                                                                     | Leisure activity<br> | Pick-up, goodbyes and transfers.<br> |
|                                                                                                                                                        | 8:15 a.m. – 8:45 a.m.<br>Breakfast and hygiene                                                                                                     | 8:15 a.m. – 8:45 a.m.<br>Breakfast and hygiene                                                                                                 | 8:15 a.m. – 8:45 a.m.<br>Breakfast and hygiene                                                                                                       | 8:15 a.m. – 8:45 a.m.<br>Breakfast and hygiene                                                                                                       | 8:15 a.m. – 8:45 a.m.<br>Breakfast and hygiene                                                                                            |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        | 8:45 a.m. – 9:15 a.m.<br>Transfer Residence - CD Alcalá                                                                                            | 8:45 a.m. – 9:15 a.m.<br>Transfer Residence - CD Alcalá                                                                                        | 8:45 a.m. – 9:15 a.m.<br>Transfer Residence - CD Alcalá                                                                                              | 8:45 a.m. – 9:15 a.m.<br>Transfer Residence - CD Alcalá                                                                                              | 8:45 a.m. – 9:15 a.m.<br>Transfer Residence - CD Alcalá                                                                                   |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        |  9:30 a.m. – 10:00 a.m.<br>Gym                                    |  9:30 a.m. – 10:00 a.m.<br>Gym                                |  9:30 a.m. – 10:00 a.m.<br>Gym                                    |  9:30 a.m. – 10:00 a.m.<br>Gym                                    |  9:30 a.m. – 10:00 a.m.<br>Gym                         |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        |  10:00 a.m.– 12.00 p.m.<br>Technical-tactical training            |  10:00 a.m.– 12.00 p.m.<br>Technical-tactical training        |  10:00 a.m.– 12.00 p.m.<br>Technical-tactical training            |  10:00 a.m.– 12.00 p.m.<br>Technical-tactical training            |  10:00 a.m.– 12.00 p.m.<br>Technical-tactical training |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        | 12.15 p.m. – 12:45 p.m.<br>Pick-up, transfer to Residence                                                                                          | 12.15 p.m. – 12:45 p.m.<br>Pick-up, transfer to Residence                                                                                      | 12.15 p.m. – 12:45 p.m.<br>Pick-up, transfer to Residence                                                                                            | 12.15 p.m. – 12:45 p.m.<br>Pick-up, transfer to Residence                                                                                            | 12.15 p.m. – 12:45 p.m.<br>Pick-up, transfer to Residence                                                                                 |                                                                                                           |                                                                                                                           |
| Reception in Residence, presentation and distribution of rooms.<br> | 12:45 p.m. – 1:10 p.m.<br>Shower, hygiene and laundry                                                                                              | 12:45 p.m. – 1:10 p.m.<br>Shower, hygiene and laundry                                                                                          | 12:45 p.m. – 1:10 p.m.<br>Shower, hygiene and laundry                                                                                                | 12:45 p.m. – 1:10 p.m.<br>Shower, hygiene and laundry                                                                                                | 12:45 p.m. – 1:10 p.m.<br>Shower, hygiene and laundry                                                                                     |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        | 1:10 p.m. – 3:00 p.m.<br>Lunch and rest                                                                                                            | 1:10 p.m. – 3:00 p.m.<br>Lunch and rest                                                                                                        | 1:10 p.m. – 3:00 p.m.<br>Lunch and rest                                                                                                              | 1:10 p.m. – 3:00 p.m.<br>Lunch and rest                                                                                                              | 1:10 p.m. – 3:00 p.m.<br>Lunch and rest                                                                                                   |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        |  3:10 p.m. – 4:00 p.m.<br>Atlético de Madrid values talk          |  3:10 p.m. – 4:00 p.m.<br>Group dynamics (Tegball tournament) |  4:00 p.m. – 5:00 p.m.<br>Group dynamics (Atletico Madrid Kahoot) | 4:00 p.m. – 4:30 p.m.<br>Transfer Residence - Riyadh Air Metropolitano                                                                               | 3:30 p.m. – 4:00 p.m.<br>Transfer Residence - CD Alcalá                                                                                   |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        | 3:10 p.m. – 4:00 p.m.<br>Atlético de Madrid values talk                                                                                            | 4:00 p.m. – 4:30 p.m.<br>Snack and preparation for transport                                                                                   | 5:00 p.m. – 5:30 p.m.<br>Transfer Residence - Neptune                                                                                                |  4:30 p.m. – 6:00 p.m.<br>Visit to the Riyadh Air Metropolitano |  4:00 p.m. – 5:00 p.m.<br>Video Analytics Talk       |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        | 4:30 p.m. – 5:00 p.m.<br>Transfer Residence - CD Alcalá                                                                                            | 4:30 p.m. – 5:00 p.m.<br>Transport Residence - CD Alcalá                                                                                       |  5:30 p.m. – 8:00 p.m.<br>Visit Madrid city and Snack           |                                                                                                                                                      |  5:15 p.m. – 6:30 p.m.<br>Competitive Training       |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        |  5:15 p.m. – 6:30 p.m.<br>Competitive Training                  |  5:15 p.m. – 6:30 p.m.<br>Competitive Training              |                                                                                                                                                      | 6:00 p.m. – 6:30 p.m.<br>Snack and preparation for transfer                                                                                          |                                                                                                                                           |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        | 6:30 p.m. – 7:30 p.m.<br>Transfer CD Alcalá - Residence, Personal hygiene                                                                          | 6:30 p.m. – 7:30 p.m.<br>Transport CD Alcalá - Residence, Personal hygiene                                                                     |                                                                                                                                                      | 6:30 p.m. – 7:00 p.m.<br>Transfer Riyadh Air Metropolitano – Residence                                                                               | 6:30 p.m. – 7:30 p.m.<br>Transfer CD Alcalá - Residence, Personal hygiene                                                                 |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        |  7:30 p.m. – 9:00 p.m.<br>Group dynamics (Ping-Pong Tournament) |  7:30 p.m. – 9:00 p.m.<br>Group dynamics (cinema)           | 8:00 p.m. – 8:45 p.m.<br>Transfer Neptune - Residence                                                                                                |  7:00 p.m. – 9:00 p.m.<br>Group dynamics (cinema)               |  7:30 p.m. – 9:00 p.m.<br>Closing Ceremony Residency |                                                                                                           |                                                                                                                           |
|                                                                                                                                                        | 9:15 p.m. - 11:00 p.m.<br>Dinner, laundry, family time and good night                                                                              | 9:15 p.m. - 11:00 p.m.<br>Dinner, laundry, family time and good night                                                                          | 8:45 p.m. - 11:00 p.m.<br>Dinner, laundry, family time and good night                                                                                | 9:15 p.m. - 11:00 p.m.<br>Dinner, laundry, family time and good night                                                                                | 9:15 p.m. - 11:00 p.m.<br>Dinner, laundry, family time and good night                                                                     |                                                                                                           |                                                                                                                           |



# » BE PART OF OUR HIGH-PERFORMANCE INTERNATIONAL CAMPS

More than 300 personally selected players have been able to enjoy a unique and individualized program.

## LIVE, TRAIN AND PLAY LIKE A HIGH-PERFORMANCE PLAYER

- Accommodation in the Official Residence of Atlético de Madrid players with full accommodation.
- They will train at the Alcalá de Henares Sports Center with the methodology adapted from 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, the city of Madrid and more leisure activities.
- The aim is to attract players from all over the world who meet the technical, physical and tactical conditions to enjoy a High Performance Camp.
- A superior level of performance and development of the participants is guaranteed under the experience of the official coaches of the Academy.
- The quality of the program is ensured by the personal evaluation of each application by the Academy sports coordinators.



**WE ARE WAITING FOR YOU!**