



wepro

B A S K E T B A L L

WEPRO BASKETBALL CAMP

Caldes de Montbui (Barcelona)

From 10th to 16th july, 2022

What is WePro?



WePro is a technical sports program focused in basketball whose main objective is to complement the player's training by maximizing their performance and helping **to improve** as a player in their entirety.

WePro provides its players with tools, guidelines and dynamics using the latest technologies and the methodology of **professional basketball**.

WePro is much more than a simple basketball camp.

WePro is a **UNIQUE EXPERIENCE** that you will carry throughout the longevity of your sports career.

WePro is a Life Experience.

WePro staff



The **WePro** team is composed by a group of coaches, with national qualifications, and other professionals accustomed to working in a **professional basketball environment**, restless and concerned about the development and training of players in all areas.

We are **young, innovative** and **methodological**. We like to share and accompany, the player in his goals and dreams with **passion**.

In precious editions we had **ACB** and **LEB** coaches and another ones in the **first leagues abroad**, as well as some of the **best young team coaches** in Spain.

We focus on you, the player, you are the protagonist of this story, and how can **we accompany you?**

Goals



- ✓ Bring the day to day of **professional basketball** to the youngest athletes.
- ✓ Transmit fundamental **values** and **learn to enjoy** basketball as a **way of life**.
- ✓ Promote **healthy habits** that can extrapolate to your daily life.
- ✓ **Make players responsible** for their level of involvement and commitment to their own **personal goals**.
- ✓ **Create awareness** and help players to be **consistent with their goals**.
- ✓ Provide **real individual improvement** in their technical&tactical, physical, and mental knowledge.
- ✓ **Have Fun**.

Registrations



- ✓ The maximum number of candidates for the program will be 48 players and after registration a selection of participants will be made. The individualization of the work to be done can only be guaranteed with a limited number of registrations.
- ✓ We will work with 4 groups of maximum 12 players each. (U13-U14 / U15-U16 / U17-U18)
- ✓ Due to the specificity of the work out, to participate in the camp will be required:
 - High technical-tactical skills (taking into account the age).
 - High Work Ethic.
 - Motivated and ready to sacrifice.
- ✓ Our players, will come to the camp endorsed by people of our confidence, who prove the requested requirements. References will be requested in order to make the final selection.

Methodology



- ✓ We will divide the work out during the camp on **3 key factors** based in the improvement of the **PLAYER**: Technical/tactical, physical and emotional.
- ✓ Video session with the concepts to work before each practice.
- ✓ Technical / tactical: **MIRROR PLAYER / VIRTUAL MIRROR PLAYER**
 - [Methodology video WePro basketball](#)
- ✓ Physical: injury prevention / maintenance guidelines.
- ✓ We will do **3 daily training sessions**.

Technology



- ✓ All training sessions will be recorded with smart camera.
- ✓ Availability of individual and collective videos every day thanks to MyPlay technology.
- ✓ Live during training that will allow real-time corrections on video.



myplay

Improve your game

Technical workout



- ✓ The morning practices will follow a **common progressive pattern** in order to work from **real game situations**.
- ✓ In the afternoons we will create a **real game atmosphere**, extrapolating all the technical morning work to the **tactical concepts** of basketball.
- ✓ From the **strengths** of our players, we will provide **small assessments** that improve them, **increasing their confidence** and security. From there we will **start working on their weak points**.
- ✓ We will work on the technical aspects starting from **“Moves & Countermoves”**.

Tactical workout



- ✓ We will **break down** complex game situations under the following **method**: built from the **small details** from the reduced game.
- ✓ We will continue **progressions** until reaching the **real game** (5on5).
- ✓ As the **main objective** of this section, we will promote **respect between each player's playing styles**, creating awareness of the impact on **decision-making** and how these affect the rest of the teammates.
- ✓ We will assimilate the **perfect environment** to transfer understand that having **FREEDOM** in the games equates to **RESPONSIBILITY**.

Physical workout



- ✓ **Coordinative:**
 - **Feet coordination** related to specific gestures in basketball.
 - **Hand-Eye/Dribbling coordination** related to specific gestures in basketball.
- ✓ **Decision making:**
 - **Defensive actions** with decision making applied to basketball.
 - **Offensive actions** with decision making applied to basketball.
- ✓ **Individualized** improvement guidelines.

Mental & Emotional



- ✓ **Dynamics** guided by professionals.
- ✓ **Inspirational talks** with real cases explained by their protagonists.
- ✓ Talks from professional players.

Where?



- ✓ In **Caldes de Montbui**, municipality located in the Vallés Oriental region, in the province of Barcelona, about 35 km north of Barcelona.
- ✓ Population: 17.000 inhabitants.



Romanesque bridge of Caldes de Montbuí



Roman baths of Caldes de Montbuí

Sports facilities



- ✓ Pabellón Municipal “Bugaraí”.
- Central court.
- 2 side courts.
- 10 minutes from the hotel.



- ✓ Pabellón Municipal “Les Cremades”.
- Central court.
- 3 side courts.
- 5 minutes from the hotel.

Accomodation



- ✓ Hotel Balneario Termes Victòria***.

Address: C/ Barcelona, 12 – 08140 Caldes de Montbuí (Barcelona).

Phone number: +34 938 650 150

E-mail address: info@termesvictoria.com

- ✓ Hosted in triple rooms.
- ✓ Full board (**Special menu** for athletes programmed by our physical trainer and nutritionist).
- ✓ **Rest** is essential for **good performance** during the camp. The “Hotel Balneario Termes Victòria” offers the quality guarantees in the rest that we will need.

Accomodation 2.0



Main entrance



Room



Toilet room



Pool

Daily schedule



- 7:15h Volunteer practice (shooting).
- 8:45h Breakfast.
- 9:30h Video.
- 10:00h Technical&tactical.
- 11:30h Physical.
- 13:15h Pool.

- 14:00h Lunch time.
- 15:00h Resting time.

- 16:30h Video + (snack, fruits, juices).
- 17:00h Technical&tactical.
- 19:15h Pool.
- 20:30h Dinner time.

- 22:00h Mental&emotional (dynamics, talks).
- 0:00h Sleep.



[Last 2021's edition video](#)

Investment



- ✓ The **investment** to be made for this technification program is **€649** in single payment in the moment of the registration or **€664** in deferred payments to be paid in 4 instalments:

Pick up from the train station or airport and transfer to the hotel on the 10th and return on the 16th will incur an extra charge of €17 to be paid together with the first payment.

- ✓ **Includes:**

- **Accommodation and full board** from Sunday 10th until Saturday 16th July of 2022.
- **Training clothes.**
- 1 short sleeve t-shirt.
- Training program with WePro's methodology.
- Delivery of **individualized physical work guidelines** for the rest of the summer.
- Liability and accident insurance.

Payments



- ✓ **Single payment:** registration confirmed. Full payment upon registration.
- ✓ **Partial payments:** 4 deferred payments.
- ✓ **How?**

By bank transfer to the account number that will be provided by private e-mail after filling the registration form and acceptance as a participant.

- ✓ **Deadlines:**

- Single payment (when the registration) €649
- Deferred payments: €664
 - First deferred payment: €199 before 8th april, 2022.
 - Second deferred payment : €155 before 6th may, 2022.
 - Third deferred payment: €155 before 3rd june, 2022.
 - Fourth deferred payment: €155 before 1st july, 2022.

If the registration is made with any of the instalments overdue, the amount of all the instalments already overdue must be paid at the time of registration.

- ✓ **Registration regulations:**

- Complete registration form on the link you can find in the [website](#).
- Once accepted as a participant, make the full payment in instalments and send the vouchers by mail.

Conditions & Cancellations



- ✓ In **case of cancellation**, due to injury or illness, justified, it is necessary to notify the cancellation in writing 15 days before the beginning of the Camp, in this case the amount will be refunded minus 50% in administration and organization expenses . Cancellations made after this last period, will not be entitled to any refund. Any reason for leaving the Camp will not give right to any refund.
- ✓ The information provided in this form will be part of a personal data file owned by WePro Basketball Association after the authorization of the participant, in compliance with the provisions of the GDPR of the EU on Data Protection. The owner thereof may exercise its rights of modification, rectification, cancellation and cancellation by e-mail to the e-mail address info@weprobasketball.com.
- ✓ The use of the aforementioned data file will be restricted to its owner for sending communications related to their activities. Likewise, the authorization of the cession of images of the participant during the Camp course includes all the rights of reproduction, transformation, distribution and public communication of the recording or images captured during the activities developed in it.



Professional Basketball Life

Information & contact

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www.weprobasketball.com