

# BEST SYNKROLOVERS CAMP 2022



With Olympic synchro swimmer Andrea Fuentes

**DATES**

July 30<sup>th</sup> - August 6<sup>th</sup>



Colònia Sant Jordi  
**MALLORCA**

**BEST** CENTRE SPORTS  
*Mallorca*



We follow all COVID rules to make our facilities safe. And we are a Balearic recognized Covid safe site.

[info@BESTcentreSports.com](mailto:info@BESTcentreSports.com) · [www.BESTcentreSports.com](http://www.BESTcentreSports.com)



PLEASE USE OUR **BOOKING CODES** FOR THE **GUARANTEED BEST HOTEL RATES!**  
(SEE HOTEL INFORMATION)

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**BEST** CENTRE SPORTS  
*Mallorca*

 **YNKROLOVERS**

# INTRODUCTION

## About BEST Synkrolovers Camp

For one week only, Andrea will be passing on her invaluable experience and expertise both in and out of the pool to young, aspiring synchro stars.

The camp is open to girls from two synchro categories: 13-15 year olds (please note, the camp is open to 12 year old swimmers that will be in this category next year, and want to start training for the requirements of this category), and Juniors (16-18 year olds), and is specifically designed for intermediate and advanced level athletes.

The camp will comprise of pool training, gym training, workshops, fun group activities, an end-of-the-week show and much more! On the last day, Andrea will record a video of a Figure of the swimmers choice, providing each individual with valuable feedback to study at home.

In recognising that parents cannot always accompany their children on training camps, we are offering two camp options to ensure nobody misses out on this fantastic opportunity!

## Why BEST Synkrolovers Camp?

We believe training alongside likeminded athletes from across the world is a highly beneficial experience both in and out of the pool. In addition, training in our elite facilities which are frequently used by international stars, and above all, gaining first-hand knowledge from successful Olympic experienced coaches like Andrea, is an incomparable experience for young athletes.



Our goal for each athlete is to have fun, learn, meet new friends, and take a great attitude about their sport back to his or her home club, while also learning to be independent.

**DATE**      **July 30<sup>th</sup> - August 6<sup>th</sup>**

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 **SYNKROLOVERS**



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# FACILITIES

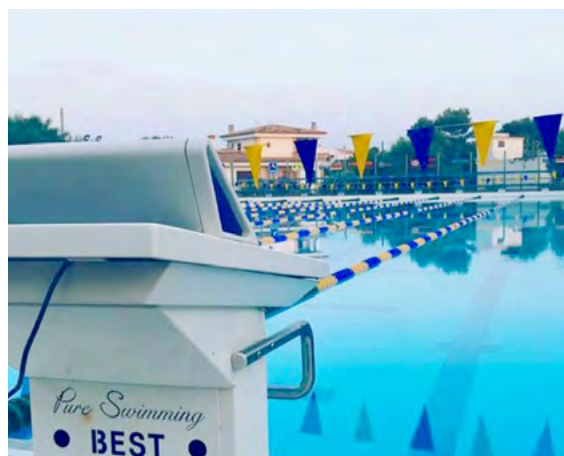
## The Pool

The centrepiece of the BEST Centre is our outdoor Olympic-sized training pool. The 10 lane, 50m pool (50m x 25m x 2m) is a free-standing pool from Astra, who supply the competition pools for the FINA world championships.

## The Gym

We know that a well equipped gym is essential for a successful training camp, so we have an on-site gym fully equipped and dedicated to swimming. We also have two large areas suitable for land work, and plenty of space around the pool for stretching.

Our state of the art facilities at the BEST Centre attract individuals and teams from across the world. More specifically, we have welcomed 1000s of different swimming, water polo, triathlon and synchronised swimming teams from 38 countries worldwide. The combination of our facilities and the peacefulness of Colònia make for the perfect training camp - good enough for the very BEST!



This is just a short list of top athletes who have chosen the BEST Centre for their training camps, visit [our website](#) for more information and interviews with your favourite athletes.

We believe the inspirational atmosphere created at the BEST Centre makes it the perfect place for a training camp. Why not book today and come and join the BEST Centre Family.

- **Ian Thorpe**, 5 time Olympic Gold medalist. World and Commonwealth Champion.
- **Florent Manaudou**, Olympic and World Champion
- **James Guy**, Olympic medalist and World Champion.
- **Andreas Raelert**, European Ironman Champion.
- **Sandra Wallenhorst**, European Ironman Champion.
- **Liam Tancock**, World and Commonwealth champion.
- **Sarah Sjostrom**, Olympic, World and European Champion.
- **Ranomi Kromowidjojo**, Olympic and World Champion.
- **Mireia Belmonte**, Olympic, World and European Champion.
- **Ellie Simmonds**, Paralympic and World Champion.

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## LOCATION

### Es Trenc and Es Estanys

Are the beaches on the west side of the town. Es Estanys is the area of beach closest to the town, and then Es Trenc stretches for 3000m of natural beauty. It is one of the few areas on the island where there are sand dunes. In 1984 Es Trenc was declared a "Special Interest Natural Area".

There are bars at either end of the beach and sunbeds and umbrellas are available, although in limited numbers. There is a beach cafe and facilities on Es Estanys.

### Es Dolç and Es Carbó

Are the beaches on the east of the town. Es Dolç is the area of beach closer to the port with Es Carbó a little further round the headland.

While Es Trenc is the most famous of the island's beaches, Es Carbó and Ses Roquetes are preferred by those in the know. A 20 minute walk from Es Dolç will bring you to 1300m of virgin, 'S' shaped beach. If you don't fancy the walk, there are boats to hire to take you to the beaches. There are no beach cafes here, just sand and solitude.

The BEST Centre is located in the south-east corner of Mallorca, in one of the island's most beautiful towns: Colònia Sant Jordi. It boasts some of the best beaches in Europe. It is a great place for strolling, cycling, fishing and kayaking, as well as numerous other outdoor activities. We will include plenty of fun activities away from the pool to make this a really memorable holiday.

Colònia Sant Jordi is where the locals and those in the know take their holidays and weekends away. The small town of Colònia Sant Jordi, nestling in the south east corner of the island in the municipality of

Ses Salinas, is renowned for its golden sand, crystal water and peaceful setting. Surrounded entirely by national park the town opens out onto some of the best beaches in the mediterranean. This is an amazing location to be!

Colònia Sant Jordi has everything you need to make your camp a success. The town is neither too large nor too small, and a short walk from the training centre you will find plenty of cafes, bars and restaurants, among them, according to the national press, the best paella not just on the island but in all of Spain!

## BEACHES

The stunning beaches on this part of the island have made Colònia Sant Jordi the most famous destination in the Balearic Islands. Es Trenc, on the west side of the town is the most well known of all the beaches in Mallorca because of its miles of golden sand, crystal clear water and national parkland behind. The beach of Es Trenc, the coastal area around Colònia

Sant Jordi and the island of Cabrera, renowned for its marine tourism, form what has been called the 'magical triangle' of the Balearics, because of its beauty and tranquility.



# GETTING HERE



Transfers to and from the airport/hotel are not included in the price.

If booking a transfer through us, the prices are as follows:

- 1-4 people - 65 euros one-way.
- 5-7 people - 115 euros one-way.
- If you are a family of 8 or more people, please contact us for the price of a transfer.

There is also the option of hiring a car at the airport. Here are the directions to the BEST Centre if you choose this option:

1. Exit the airport following signs to Playa de Palma. This will take you over the motorway and loop you round so you are heading east on the Ma-19 towards Lluçmajor.
2. As you approach Lluçmajor, stay on the Ma-19 and follow the signs to Campos.
3. As you enter Campos you will pick up signs to Colònia Sant Jordi and you will veer towards the right, past an Eroski supermarket (which is on your left) and around the south side of Campos, following signs to Colònia Sant Jordi.
4. The signs will take you to a petrol station as you enter Colònia Sant Jordi. Keep going straight on, passing the petrol station on your left, until you reach the hotel Isla Cabrera after 100 m or so. Take the right hand turn after the hotel, Calle de Roda and this will take you to the BEST Centre.

## ADDRESS

**BEST Centre**

Carrer Roda, 35.

07638 - Colònia de Sant Jordi.

Mallorca.



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## The BEST Centre BEST Synkrolovers Camp Staff

### Matthew O'Connor

#### CAMP Mallorca Director

Matthew is the co-founder and director of The BEST Centre and Bluewater Hotel.

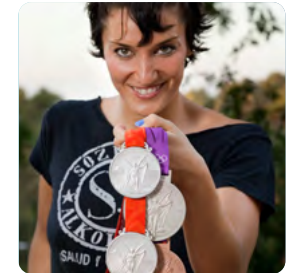
**Sporting history:** He competed in the 1992 Barcelona Olympic Games and the 1990 and 1994 Commonwealth Games. He has over eight years in international swimming experience and obtained a degree in International Business Studies from the University of Georgia. Matthew grew up swimming at the City of Manchester and represented Great Britain at the junior and senior level.



### Andrea Fuentes

#### Camp Coach

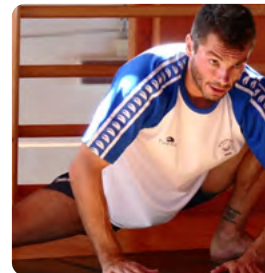
Andrea was a member of the Spanish national team from 2002 until 2012, winning 4 Olympic and 32 World and European medals during this time. She is currently the joint most decorated Spanish female Olympian of all time. Nowadays, she is the head coach of the U.S. senior national team, and also offers group and private training around, including at the BEST Centre. She is also the CEO of Synkrolovers.



### Víctor Cano

#### Camp Gym Coach

Victor was a very successful Spanish artistic gymnast, competing in 8 world championships and both the Sydney and Athens Olympics, where he placed 5th. Victor is now an incredibly talented gym coach for synchronised swimmers and will be passing on his expertise during the camp gym sessions.



### Additional Staff

For every 10 swimmers there will be an extra qualified coach to ensure that every swimmer gets sufficient individual attention.

For those coming on the residential option, staff will include 24 hour, experienced camp monitors.

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**Unmissable  
discounts**  
on page 12



# ITINERARY

## The camp will comprise of:

- 23 hours of pool training.
- 10 hours of land training with Former Olympic Gymnast Victor Cano, focusing on balance, core, acrobatics and general strength, and also Rhythmics Gymnastics training and Ballet.
- Three workshops:
  - Individual Extra Work at Home: This workshop is all about finding a way to work on your weakness. Andrea will provide athletes with exercises to do independently at home to improve performance.
  - How to become an Olympian: Having just returned from the 2021 Tokyo Olympics with the U.S senior team, Andrea will be passing on exclusive insights and invaluable expertise on how to reach your goals in becoming a successful athlete.
  - Q&A: This workshop will provide athletes with the perfect opportunity to make the most out of all of the coaches experience as high level performance athletes. Athletes will be able to ask any questions they have, or raise any of their fears, and get advice from their coaches.
- A video from Andrea of a Figure of the swimmers choice, providing each individual with valuable feedback to study at home.
- Finally, an end of the week show: The group will have the chance to show off all of their new skills when they perform for everyone at the pool.

**BEST CENTRE SPORTS**  
*Mallorca*

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# DATES

**July 30<sup>th</sup> - August 6<sup>th</sup> - 2022**



## Synchro equipment needed

- Hat, goggles and swimsuits.
- Noseclips.
- Water bottle.

We sell noseclips, a wide range of mirrored goggles, and BEST Centre hats, swimsuits, bottles and towels on site. There will also be some Synkrolovers products available to buy during the week.

Don't forget to bring high protection, waterproof sun cream (we recommend factor 50).



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# ITINERARY

## Training Sessions will focus on:

- Artistic swimming technique improvement: Improvement of the technique of all figures and elements of all categories. Basic technique to eradicate learning biases and finding new ways to do specific exercises.
- Routine execution: To increase the difficulty and punctuation of the execution of routines in general, as well as acrobatics.
- Choreography: Creating a routine from scratch or perfecting an already done one. Learning to add a personal and unique touch to the choreography. We analyse individual style to develop it and experiment with new movements.
- Artistic expression: essential in synchronised swimming. The corporal expression makes is what makes a good swimmer stand out, and facial expression has a very strong influence in judges' punctuation. We often do not know how to express; breaking that barrier is one of the most successful specialties of Andrea Fuentes.
- Physical preparation: once choreographies have been prepared, is time to adapt the body for the correct execution of the routine; a proper body preparation is key for a high performance and injury prevention. We will do a personalised physical preparation planning to achieve this in competitions.

Below is an example itinerary for the 7-day camp. This example itinerary is just to give you a feel for what you can expect, it is not finalised, and the order and timing of training sessions may be subject to change.

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# ITINERARY

## Example itinerary for a typical 7-day camp

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arrivals and Check-in		Breakfast	Breakfast	Rest	Breakfast	Breakfast	Breakfast
	Gymnastics	Gymnastics	Gymnastics	Breakfast	Gymnastics	Gymnastics	Check-out
				3 hours Pool			CAMP IS FINISHED!
	2 hours pool	2 hours Pool	2 hours Pool	Lunch	2 hours Pool	Figure competition	
	Lunch	Lunch	Lunch	Afternoon Off BEACH	Lunch	Lunch	
	Rest	Rest	Rest		Rest	Rest	
	3 hours pool	3 hours Pool	3 hours Pool		3 hours Pool	Show	
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Camp intro	Monitor Activity	Monitor Activity	Coaches Workshop	Coaches Workshop	Monitor Activity	Coaches Workshop	
Bed		Bed	Bed	Bed	Bed	Bed	

Please note, although the coaches workshops will take place in the BlueWater Hotel, all Family Option swimmers are very welcome to attend however they must make their own way to and from the BlueWater Hotel.

As noted above, as this is an example itinerary it is subject to change.



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# PRICES and ACCOMMODATION

For 2022 we are offering a family option for the camp this year. It allows you to use our friendly booking codes to receive great discounts on the best hotels in Colònia Sant Jordi. To book a hotel please see our great list of hotels below and then use the booking code supplied for each hotel to receive the fantastic discount.

To book a hotel please see our great list of hotels below and then use the booking code supplied for each hotel to receive the discount.

**CANCELATIONS:** Your payment is fully refundable up to 40 days before the start day of the camp. Between 40 and 14 days we will refund 50% of your payments. Cancellations made less than 14 days prior to the camp start date will incur a 100% cost.

Hotel refunds depend on each hotel, please check their booking conditions.



## What the price includes:

- 23 hours synchronised swimming training in the BEST Centre pool.
- 10 hours gym.
- 3 workshops.
- 7 nights full-board accommodation (Residential Option) or 7 nights half-board accommodation (Family Option).
- Synkrolovers hat.
- BEST Synkrolovers t-shirt.
- BEST centre certificate.
- 24 hour on site monitors (Residential option).

Please ensure you read our booking conditions and make sure you always have travel insurance in case of cancellations that have nothing to do with BlueWater Sport and Travel SL.

See our  
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*Mallorca*

 **YNKROLOVERS**



# PRICES and ACCOMMODATION

## BlueWater Hotel Option with 24 hour monitors: 899 euros

Includes full board, accommodation and synchro training.

## Family Option: 600 euros

Synchro training only.

Deposit 300 euros

\* The balance for your camp is due 40 days prior to the start date of the camp.

## DISCOUNTS

### Sibling Discount

- 1<sup>st</sup> sibling: **25% off.**
- 2<sup>nd</sup> sibling: **50% off.**
- 3<sup>rd</sup> and subsequent sibling/s: **90% off.**

### Recommend A Friend

Recommend a friend (someone who has never been on Synkrolovers Camp) to sign up for Synkrolovers Camp 2022 and receive a 40 euros voucher to use at the BEST Centre swim gear shop or towards a private 1-2-1 session.

See our  
**Unmissable  
discounts**

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SYNKROLOVERS



**Book Your  
BEST Synkrolovers Camp Now!**

To book your place on the BEST Synkrolovers Camp, please complete the form you will [find here](#).



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## ADDRESS

Bluewater Hotel

Passeig de la Rosa, 14  
07638 – Colònia Sant Jordi  
Mallorca



**BLUEWATER**  
*Hotel*

Please note that the BlueWater Hotel option has a 50 person limit, and this camp sold out in 2 weeks in 2019, so please book now to avoid disappointment.

## Bluewater Hotel

Swimmers will stay in the 3-star Bluewater sport hotel, which is owned by the BEST Centre and is located just a 5 minute walk from the pool. The hotel often accommodates for different teams and national teams attending swimming camps at The BEST Centre.

### Meals

The swimmers will be eating breakfast, lunch and dinner in the hotel every day. We ensure that all swimmers are fed well, and have healthy options at every meal. Water is included with every meal, and other drinks are available at an additional cost.

We have a wide variety of dishes, with international cuisine and a variety of dishes typical of Mallorca. The buffet style restaurant ensures that the tastes of our most demanding customers are catered for and satisfied.

Swimmers may bring snacks with them to keep in their rooms, however please be aware refrigerators are not available.

### Food allergies

Let us know prior to your arrival if you have any allergies, so that we can cater for this. Please note that our monitors will be with the swimmers at all meal times and will be happy to help them go through their food options.

**Book Your  
BEST Synkrolovers Camp Now!**

To book your place on the BEST Synkrolovers Camp, please complete the form you will [find here](#).



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**COVID19**  
BALEARIC RECOGNIZED  
**SAFE AREA**





# BLAU CLUB COLÒNIA RESORT & SPA \*\*\*\*

The Blau offer the following room types:

- Double Standard.
- Double Superior.
- Double Deluxe.
- Suite Standard.
- Suite Superior.
- Suite Deluxe.
- Suite Select.

Each room includes the following:

- Free WiFi.
- Air conditioning / heating, and ceiling fan.
- Balcony.
- Safe.
- Satellite TV.
- Mini bar.
- Telephone.
- Hair dryer.

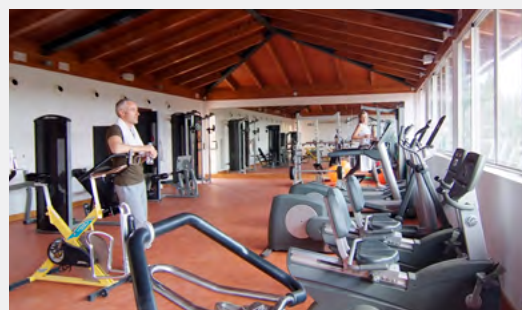
The Club Colònia Blau hotel offer the following facilities and services:

- Free WiFi across the entire resort.
- 1 buffet restaurant and 1 pizzeria restaurant.
- 2 bars and 1 pool bar.
- 2 outdoor pools, 1 indoor pool, 1 children's pool and play zone.
- Pool towels (with deposit).
- Gym and Spa.

- Animation and activities during day and night, including live music and shows.
- Blandi kids club.
- Free shuttle to the beach.
- Medical service.
- Late check-out (additional charge and to be requested at the hotel reception).

Additional sports facilities include:

- 7 clay tennis courts.
- Multi-purpose court for volleyball and 5 a side football.
- Aerobics, gymnastics and aqua aerobics with instructor.
- Bowls, darts, archery and shooting
- Table tennis.
- Fitness room with modern equipment and spinning facilities.



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**RESERVATION**  
www.blauhotels.com

**DISCOUNT**  
**5%**

**DISCOUNT CODE**  
FSHBLAU2022

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## SUR MALLORCA Hotel \*\*\*\*

The Sur offer the following room types:

- Single - a standard room with a bathroom.
- Twin - a standard room with a bathroom.
- Triple – a twin room with an extra bed and bathroom.

The Sur offer interconnecting rooms, these types of rooms have a supplement charge. If you wish to book interconnecting rooms please check the price with us. Alternatively if you would prefer your rooms are close together we can request this but please note this all depends on hotel availability.

Each room includes the following:

- Free WiFi.
- Air conditioning.
- Safe (additional charge).
- Balcony.
- Flat-screen TV.
- Fridge.
- Telephone.
- Hairdryer.

The Hotel Sur offer the following facilities and services:

- All-inclusive option (additional charge).
- Free WiFi across the entire hotel.
- Buffet restaurant, outdoor buffet.
- Cocktail bar.
- Modern semi-Olympic pool.
- Pool towels (with deposit).
- Massage room.
- Late check-out (additional charge and to be requested at the hotel reception).

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**RESERVATION**  
www.tbhotels.com

**DISCOUNT**  
**7.50%**

**DISCOUNT CODE**  
FSHSUR2022

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## Universal HOTEL ROMÁNTICA \*\*\*

Located in Colònia de Sant Jordi and just steps away from Es Trenc beach; a 3\* hotel ideal for holidays with children in Majorca, personalized service and family atmosphere, plus 40-years of experience serving guests, make this seafront hotel the ideal place for a fun-filled holiday.

Breakfast, lunch and dinner are served in the buffet restaurant. All services include show cooking and guests can choose from bed & breakfast, half board, full board and all inclusive.

Facilities at the Universal hotel Romántica include two outdoor swimming pools (one of them for children) and direct access to the sea.

Staying in this hotel you will have access to private running trails.

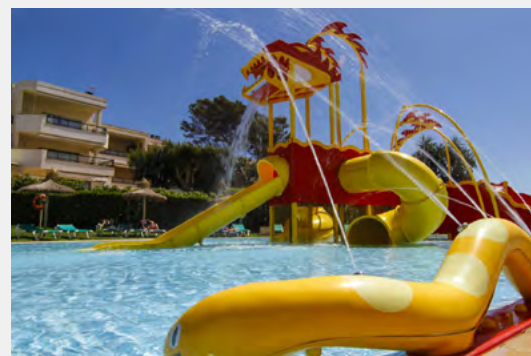
Each room type includes the following:

- Free WiFi.
- Air conditioning.
- Safe (additional charge).
- Balcony.
- Satellite TV.
- Mini-fridge on request (additional charge).
- Telephone.
- Hairdryer.

The Hotel Romántica offer the following facilities and services:

- All-inclusive option (additional cost).

- WiFi across the entire hotel (additional charge).
- Internet corner (additional charge).
- Buffet restaurant.
- 2 outdoor pools, one of which is a splash pool.
- Pool towels (additional charge).
- Evening entertainment.
- Kids club.
- Medical service.
- Laundry service (additional charge).
- Currency exchange.
- Late check-out (additional charge and to be requested at the hotel reception).



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**RESERVATION**

[www.universalhotels.es](http://www.universalhotels.es)

**DISCOUNT**  
**7.50%**

**DISCOUNT CODE**  
**FSHROMANTICA2022**

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## ISLA CABRERA Apartments \*\*\*\*

The Aparthotel Isla de Cabrera is the ideal vacation spot for families with children or in general for anyone looking for a quiet atmosphere. It consists of 100 apartments 4 \*\*\*\*.

The apartments are fully equipped and will accommodate 2 adults and 2 children. They consist of a bedroom, a fully equipped kitchen and a living room with two sofa beds. The hotel also has 3 bars and a buffet restaurant adapted to the tastes of our customers. Also at your disposal:

- Bathroom
- Hairdryer
- Magnifying mirror
- Terrace
- Telephone
- Air conditioning (hot/cold)
- Safe (extra charge)
- Flat-screen television
- Satellite television
- Refrigerator
- Microwave
- Free WiFi connection throughout the Aparthotel.

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**RESERVATION**  
[www.hotelislacabrera.com](http://www.hotelislacabrera.com)

**DISCOUNT**  
**5%**

**DISCOUNT CODE**  
**FSHISLACABRERA2022**

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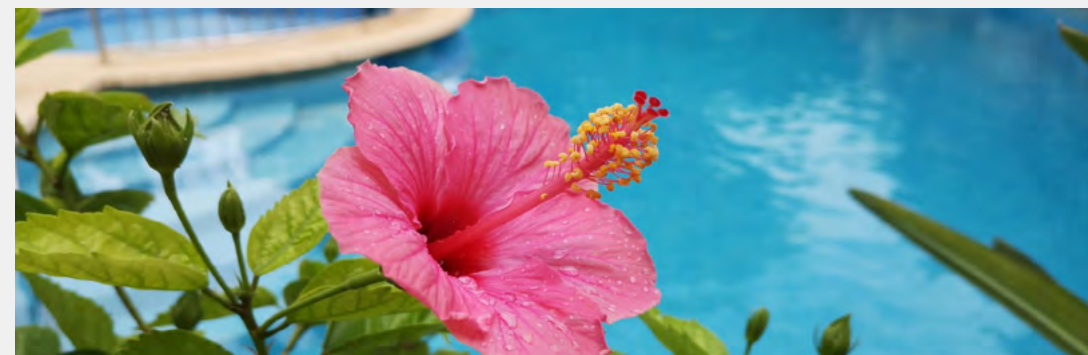
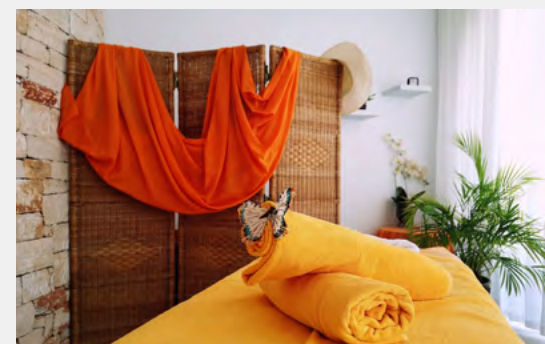
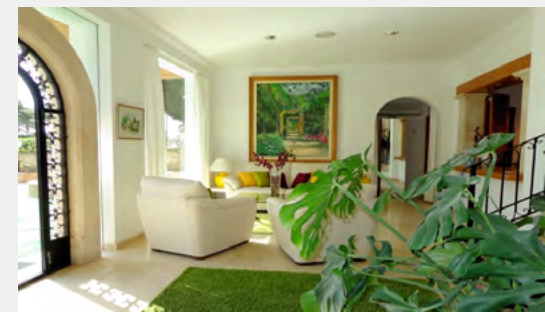
## VILLA PICCOLA Apartments \*\*\*\*

Our apartments - for all tastes and are equipped according to international standards: Apartments for 2 to 4 persons. All apartments have a minimum of one bedroom, bathroom, living room, kitchen, terrace/balcony.

What is an Aparthotel? They are apartments of different sizes with the services of a hotel. For example, daily cleaning, change of sheets etc.

The clients have everything for breakfast in their apartment (freshly baked bread every day, coffee, tea, butter, jam, honey, eggs, yoghurt, etc.

- Air conditioning for heating and cooling.
- Kitchen with dishwasher, glass-ceramic hob, microwave etc.
- Bedroom and bathroom with towels and sheets.
- Balcony with table, chairs, hammocks, umbrella and clothesline
- Free safe in the apartment
- Free wifi in the apartment
- Satellite TV
- Non-smoking apartments.
- We have a common swimming pool and a massage room.



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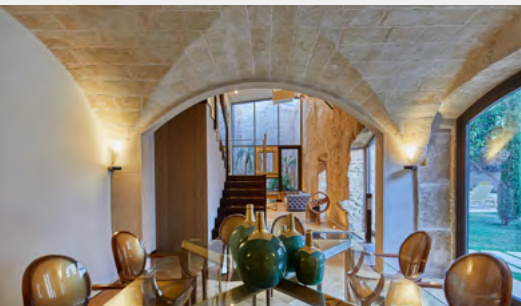
**RESERVATION**  
[www.villapiccola.de](http://www.villapiccola.de)

**DISCOUNT**  
**3.5 %**

**CONTACT US TO MAKE BOOKING**  
[info@bestcentresports.com](mailto:info@bestcentresports.com)

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## SA CREU NOVA

### TRANQUILLITY AND LUXURY IN PERFECT HARMONY

Sa Creu Nova Art Hotel & SPA can be found between countryside and beaches which make up part of the Mallorcan geography. Our five star hotel is located in Campos, which in many cases is compared to the Mallorca of 20 years ago, due to its tranquillity and unspoilt spaces, typical of the southeast of the island.

### UNIQUE SPACES

The essence of a historic house completely restored and the beauty of current design fuse to give this luxury hotel a unique charm, where architecture and Mallorcan tradition play a fundamental role.

### ART HOTEL

The hotel has works of art from diverse artists of international stature. The paintings and sculptures accompany the traditional and modern concept of this boutique hotel in Campos.

### EXCLUSIVE TREATMENTS

At the Sa Creu Nova Petit Palais Art & SPA you can enjoy our thermal circuit with; a Finnish sauna, sensations shower, thermal beds, relax area and detox juices. It also has professionals who can offer an ample selection of exclusive services which must be pre-booked.

### FITNESS area

The gym, or fitness area, with views of the garden complement the Spa at Sa Creu Nova. Here you can do some aerobic exercise with Life Fitness machines to stay active and in shape during your holidays.

Without a doubt a great way to guarantee a day of well-being and relaxation.

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**RESERVATION**  
www.sacreunova.com

**DISCOUNT**  
**50 euros resort credit**  
for stays of more than 4 nights

**DISCOUNT CODE**  
BCS50

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## HONUCAI Hotel \*\*\*\*

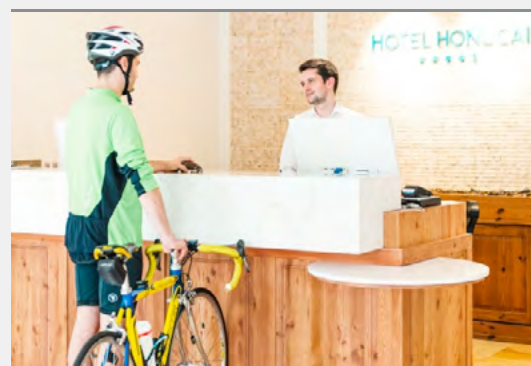
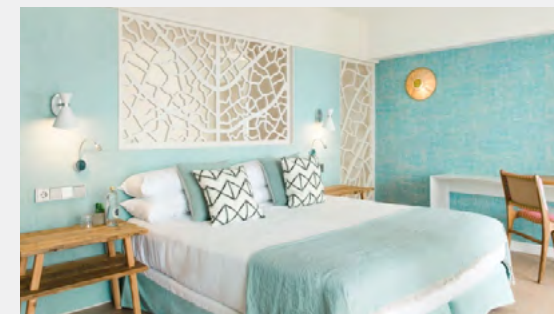
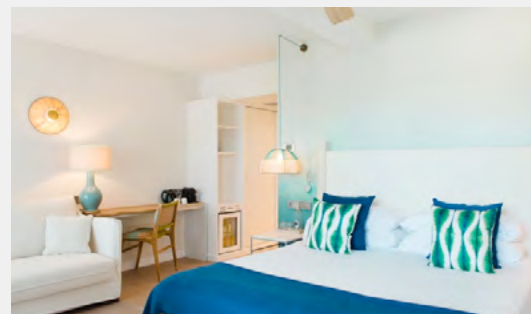
Hotel Honucai is Gallery Hoteles' new boutique hotel located in Colònia de Sant Jordi, which has spectacular views over the Es Dolç and Es Carbó beaches.

At hotel Honucai you will find 78 rooms, distributed in double rooms, superior rooms or suites.

Facilities at the Honucai hotel include:

- Fitness room.
- Sun deck.
- Infinity pool.
- Spa, equipped with jacuzzi, chromotherapy shower and sauna.

It also includes a rooftop terrace.



PLEASE USE OUR **BOOKING CODES** FOR THE **GUARANTEED BEST HOTEL RATES!**

**RESERVATION**

[www.hotelhonucai.com](http://www.hotelhonucai.com)

**DISCOUNT  
5%**

**DISCOUNT CODE  
BESTFEST5**

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## POSIDONIA Apartments \*\*\*\*

A brand new building, just 10 minutes walk from the beach and in front of the promenade! 4 keys tourist apartments, very spacious (between 50 and 85 m<sup>2</sup>) with two double bedrooms and one bathroom, large living room with sofa bed and full kitchen with large terraces (from 22 to 36 m<sup>2</sup>) with views, some with sea view and equipped with outdoor sofas and dining set. We also have one 1 bedroom apartment wheelchair adapted.

Within the facilities in the Apartments Posidonia, we find a:

- Pool.
- Outside Pool with jets.
- Sauna.
- Fitness Room.
- Solarium.
- Terrace with panoramic views.
- Self-service laundry.
- WIFI in the whole building.
- Internet terminal available for clients at Reception.
- Vending machines.
- In house Parking.

PLEASE USE OUR **BOOKING CODES** FOR THE **GUARANTEED BEST HOTEL RATES!**

**RESERVATION**  
[www.apartamentsposidonia.com](http://www.apartamentsposidonia.com)

**DISCOUNT**  
**2.50%**

**DISCOUNT CODE**  
**BEST**

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# Universal HOTEL DON LEÓN \*\*\*\*

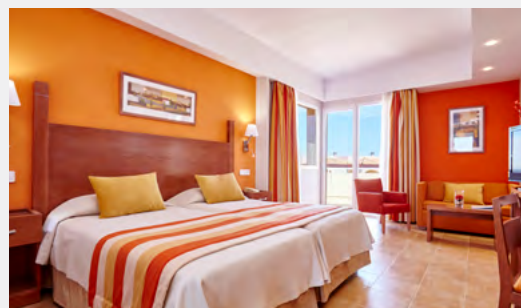
Universal Hotel Don León in front of the sea, is an oasis of peace with service and facilities worthy of high class accommodation.

Facilities at the Don Leon hotel include an indoor and outdoor pool, gym, beauty services, fitness room, tennis courts and also a bike storage room.

The cuisine, location and kindness of the staff are the main reasons why many of our guests come back year after year.

The restaurant, buffet area and bar were recently refurbished in winter 2019/2020.

Staying in this hotel you will have access to private running trails.



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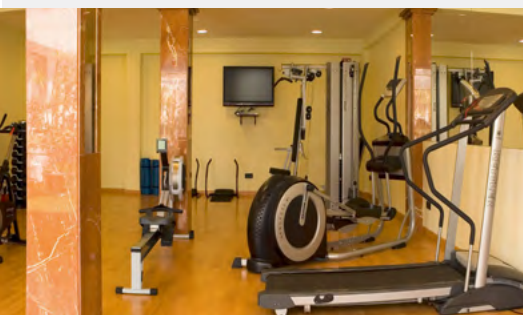
**RESERVATION**  
[www.universalhotels.es](http://www.universalhotels.es)

**DISCOUNT**  
**7.50%**

**DISCOUNT CODE**  
**FSHDONLEON2022**

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## Universal HOTEL MARQUÉS \*\*\*\*

Located in Colònia Sant Jordi, is a 4\* hotel with a Mediterranean design. Its location is unbeatable, right between two wonderful fine sand beaches with spectacular views of Es Trenc, the most famous beach in Majorca.

Breakfast and dinner are served in the buffet restaurant. All services include show cooking and guests can choose from half board and all inclusive. Lunch is available at this hotel only when Romantica hotel is closed.

Facilities at the Universal hotel Marques include an outdoor swimming pool with direct access to Marques beach. There is also a gym, games room, lounge bar and terrace, and an entertainment programme with activities for all ages. Bicycle storage is available in the Villa Marquesa annex.

Staying in this hotel you will have access to private running trails.

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**RESERVATION**  
www.universalhotels.es

**DISCOUNT**  
**7.50%**

**DISCOUNT CODE**  
FSHMARQUES2022

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# Hotel EL COTO \*\*\*\*\*

Comfort and elegance together with the traditional hospitality of a family hotel is waiting for you.

The hotel is located in the southeast of Majorca, only 100 m. away from a beautiful beach and directly in front of the salt lakes. These salt lakes are part of a nature reserve and told to be the second oldest of the world!

Our mediterranean garden with palm and pine trees, spacious terraces and a heated pool with children area invites you to enjoy and relax. Pool and beach towels are at our clients disposal.

Rooms; We have a total of 50 rooms. In all categories the rooms can vary in size, view and decoration.

Gastronomy: Unforgettable holidays are always associated with an excellent gastronomy. Therefore we will do our best to spoil you with culinary delights.

Activities: To make your stay with us even more pleasant, we offer different beauty treatments and relaxing massages to pamper your body as well as various sports activities that will help you enjoy and get in shape.

2 TENNIS COURTS with silica sand.  
Tennis classes on request.  
Rental of tennis rackets and balls.

BICYCLE STORAGE ROOM  
Bicycle rental next to the hotel.

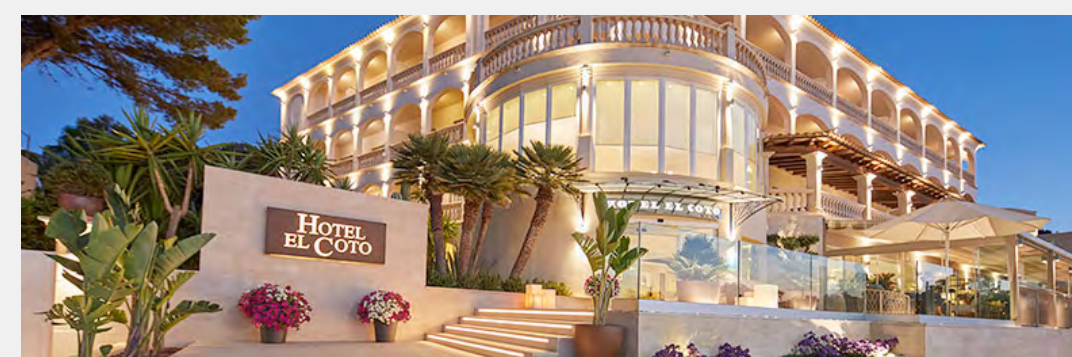
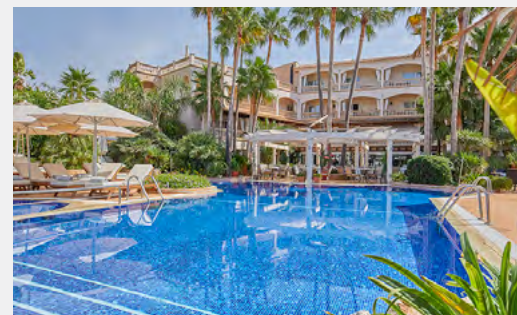
HIKING  
Guided hiking tours in April.

NORDIC WALKING

YOGA  
Yoga classes. Rental of yoga mats.

MASSAGES and body treatments.  
Beauty treatments and pedicure.

And much more to enjoy.



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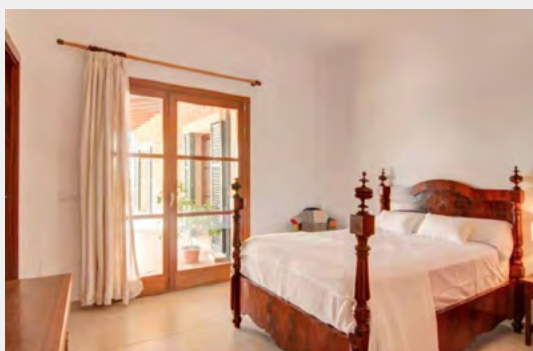
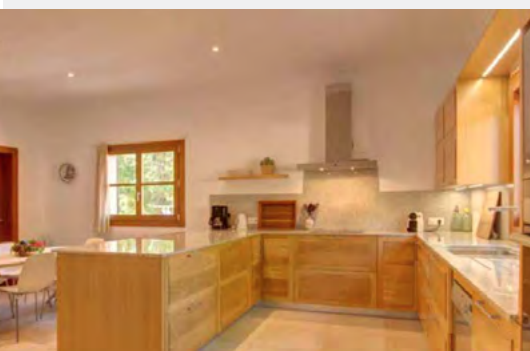
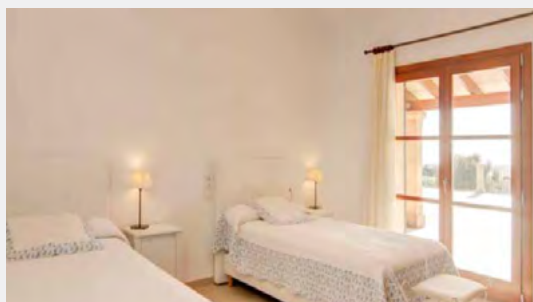
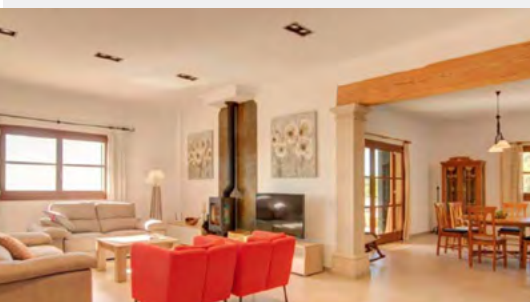
**RESERVATION**  
[www.hotelelcoto.es](http://www.hotelelcoto.es)

**DISCOUNT**  
**Best Price**  
**Guarantee!**

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## SES ROTES DE SA TALAIA House

This breath taking modern manor house builded in 2017 overlooks the south of the island, spacious common areas, high ceilings and visible wooden beams, gives you a feeling of greatness, flooded with sunlight entering from the multiple windows on two floors that decorate the house, plus various glass doors that lead to massive open terraces, overlooking the pool, offering the guests a splash of nature and stunning landscaped views.

Space, this is the first word that comes up ...you will feel spacious everywhere in the house, large and well equipped kitchen, outside the vast terrace that overlooks to nature and the pool, surrounded by the majestic landscape. Splendid in all aspects, the sense of beauty and boundless makes this place just perfect to share with family and friends. Each one of you will find a favourite and preferred "little corner" for yourself.

- 276 SQM + terraces
- 8 pax
- 4 Double rooms
- 4 Bathrooms
- WiFi
- BBQ
- Ping Pong
- Sunbed and Garden Furniture TV
- Oven
- Induction Stove
- Fridge
- Freezer
- Dishwasher
- Microwave Oven
- Coffee Maker
- Kitchenware
- Iron and Ironing Board Washing Machine
- Heating
- Travel Cot (under request) High Chair (under request) First Aid Kit
- Parking Area

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**RESERVATION**  
[www.helenasanchezhost.com](http://www.helenasanchezhost.com)

**DISCOUNT**  
**Best Price**  
**Guarantee!**

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## DALT VILA House

A few minutes from the town, this Mediterranean house offers you a unique and genuine stay in Mallorca. Wifi, bbq, all the comforts and pleasure just 10/15 minutes from the most famous beach of the island "Es Trenc", and a few kilometers from the village.

Those who have come here describe it as an "oasis", an authentic, natural and relaxing place, perfect for families, friends, lovers of the nature and the sea.

The house has two floors, on the ground floor there are two double bedrooms with a full bathroom, the large open plan kitchen to the dining room and has access to the porch, furnished with a dining table and chairs, living room with two sofas around the fireplace and overlooking the pool.

On the upper floor there are two double bedrooms, one with its own terrace, connected to the bathroom, a living room with a sofa and another terrace with landscaped views.

This accommodation is ideal to enjoy the intimacy of the family, with friends, ideal for nature lovers and people engaging in outdoor sports, if you are interested in a rental period over 30 days, please contact us for a personalized quotation.

- Wi-fi
- Air Conditioning
- Central heating
- Chimney
- TV
- Indoor/outdoor music equipment
- BBQ
- Refrigerator
- Freezer
- Microwave oven
- Gas cooker
- Dish washer
- Oven
- Coffee maker
- Washing machine
- Iron and ironing board
- Household goods
- Parking area

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**RESERVATION**

[www.helenasanchezhost.com](http://www.helenasanchezhost.com)

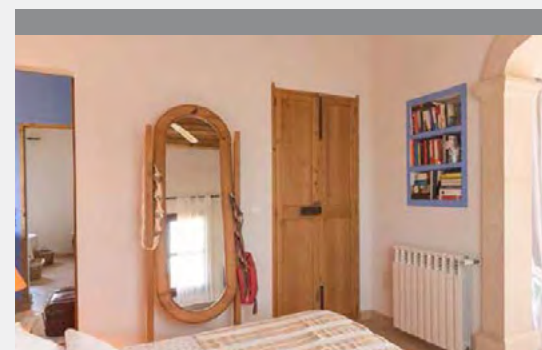
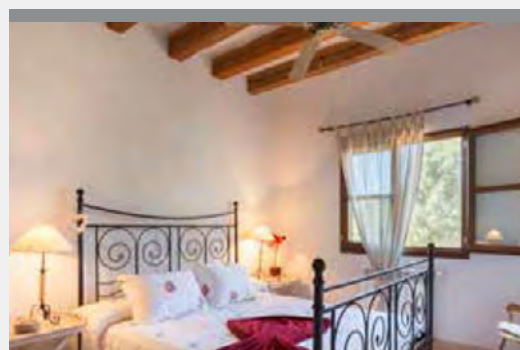
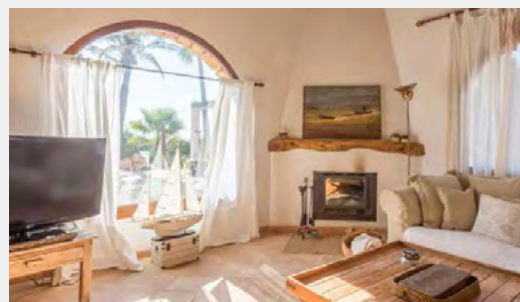


**DISCOUNT  
Best Price  
Guarantee!**

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# TESTIMONIALS

"Perfect! I hope you do it again every summer!"

"There was such a positive and encouraging environment at this camp. Training was top notch and it was a great experience!"

"Everything was fantastic! It was so great to go where there was such a positive atmosphere and enthusiasm, love and passion for the sport."

"Fabulous again. \* \* \* \* FIVE STARS."

"An amazing camp with great coaches in the most fabulous location."

"The coaches gave valuable comments that really helped with improving technique, my daughter could see an improvement within herself straight away."

"Fabulous. Inspirational."

"Fantastic, Super and wonderful. My daughter is already asking can she come back next year."

"Amazing, almost magical!"

"My daughter truly enjoyed camp. She tells me Andrea Fuentes was a terrific coach. She was engaged, committed, and provided detailed feedback that will be useful to my daughter's development as an athlete."

"Definitely worth every penny spent!"

"The coaches are just great! They have so much energy, motivation and experience!"

**Book Your  
BEST Synkrolovers Camp Now!**

To book your place on the BEST Synkrolovers Camp, please complete the form you will [find here](#).





# FREQUENTLY ASKED QUESTIONS

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## General questions about BEST Synkrolovers Camp

### 1. Who can attend this camp?

The camp is open to girls from two synchro categories: 13-15 year olds\*, and Juniors (16-18 year olds), and is specifically designed for intermediate and advanced level athletes. Please note, this is an international camp, so we welcome swimmers from all over the world. Andrea speaks English, Spanish and French!

\* Please note, the camp is open to 12 year old swimmers that will be in this category next year, and want to start training for the requirements of this category.

### 2. Will my kids have fun?

We guarantee it!

## Specific questions for those coming on the Residential Option:

### 3. Will my child be supervised at all times?

Yes. Athletes will be in a group with a monitor who is accountable for them at all times.

### 4. Can parents come?

Yes, parents are welcome to stay in the town or in another part of the island. Please email us if you would like to know hotel offers and ideas for your stay in the beautiful island of Mallorca.

### 5. How much spending money should I send with my swimmer?

As all meals and water are included in the price, athletes only need money for additional drinks, snacks and presents.

## Training

### 6. Who will be coaching my children?

Your children will be coached by Spanish synchronised swimming Champion, Andrea Fuentes, former olympic gymnast Victor Cano, and six more coaches including an international synchro star.

### 7. Do they have to train every session?

The sessions are not obligatory; however we do think that most athletes will come to all sessions because they're so much fun!

### 8. What equipment do they need to bring?

Please see the Itinerary section of the brochure for a list of equipment needed.

### 9. Is there swimming on the arrival and departure days?

There are no sessions planned for those days, however if there is space in the pool swimmers on the holiday are welcome to use the pool but without a coach.

## Payment

### 10. Can I pay by cheque?

If you have a euro account, you can pay by cheque in euros.

### 11. What is the easiest and cheapest way to pay in euros?

We have partner foreign exchange companies you can use to make the payment to us, which guarantee better rates than the banks.

## Colònia Sant Jordi and travel

### 12. What's the weather like in Mallorca during the swim holidays?

The weather is typically hot!

### 13. How far is the BEST Centre from the airport and how do I get to my hotel?

The BEST Centre is 40 minutes from the airport. Transfers to and from the airport are NOT included in the holiday prices.

Hotel option: We arrange 3 free coach transfers on the arrival and departure days to help. The times of each transfer are arranged to best suit the most number of people possible. If the time of the transfer is not convenient for you or you arrive or leave on

# FREQUENTLY ASKED QUESTIONS

a different day than the arrival and departure day, then we can arrange a transfer for you. Please email [info@bestcentresports.com](mailto:info@bestcentresports.com) for a price.

## 14. How far is the pool from the hotel?

The Blau is approximately 300 m away from the pool. The rest of hotels are under 10 minutes walk from the pool.

## 15. Do you organise flights?

No, we are not a flight agency so we do not book flights.

## 16. How many airports are there in Mallorca?

Only one, Palma de Mallorca airport (Son Sant Joan, PMI).

## Contact, emergency and medical questions.

### 17. Does the camp have insurance and medical staff?

You need to arrange your own travel and medical insurance and a copy must be shown on arrival. We have our own medical staff on call 24 hours a day. EU residents also must have a European Health Card as well as insurance.

### 18. Who can I contact in case of an emergency?

In case of emergency you can contact BEST Centre at (00) +34 971656560 or the Bluewater hotel on (00) +34 971655347.

### 19. Medicine and Medical Personnel.

We will have a certified physio and medic on call during the camp. If your swimmer is on medication, please contact us before camp starts so we are aware. Controlled substances will be maintained by staff and dispensed as indicated. You must provide a medical release for administering of medicine.



**Book Your  
BEST Synkrolovers Camp Now!**

To book your place on the BEST Synkrolovers Camp, please complete the form you will [find here](#).



PLEASE USE OUR **BOOKING CODES** FOR THE **GUARANTEED BEST HOTEL RATES!** (SEE HOTEL INFORMATION)

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