



BEST CENTRE SPORTS
Mallorca

SYNKROLOVERS CAMP

**23-30 JULY
2023**

Colònia de Sant Jordi • **Mallorca**

info@bestcentresports.com • www.bestcentresports.com

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SYNKROLOVERS CAMP

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, a video of figures of the swimmers will be recorded, providing each individual with valuable feedback to study at home.

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, is an incomparable experience for young athletes.

DATES

**FROM 23RD TO 30TH
OF JULY 2023**

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.

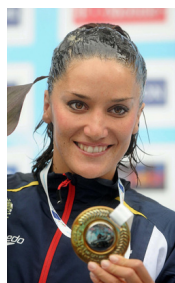
There will also be some Synkrolovers products available to buy during the week.

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

INFORMATION

The camp will comprise of:

- 23 hours of pool training.
- 10 hours of land training focusing on balance, core, acrobatics and general strength, and also Rhythmic Gymnastics training and Ballet.
- Three workshops:
 - Individual Extra Work at Home: This workshop is all about finding a way to work on your weakness. Muriel will provide athletes with exercises to do independently at home to improve performance.
 - VIDEO conference with Olympic star and USA national team coach Andrea Fuentes: 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 Muriel 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.



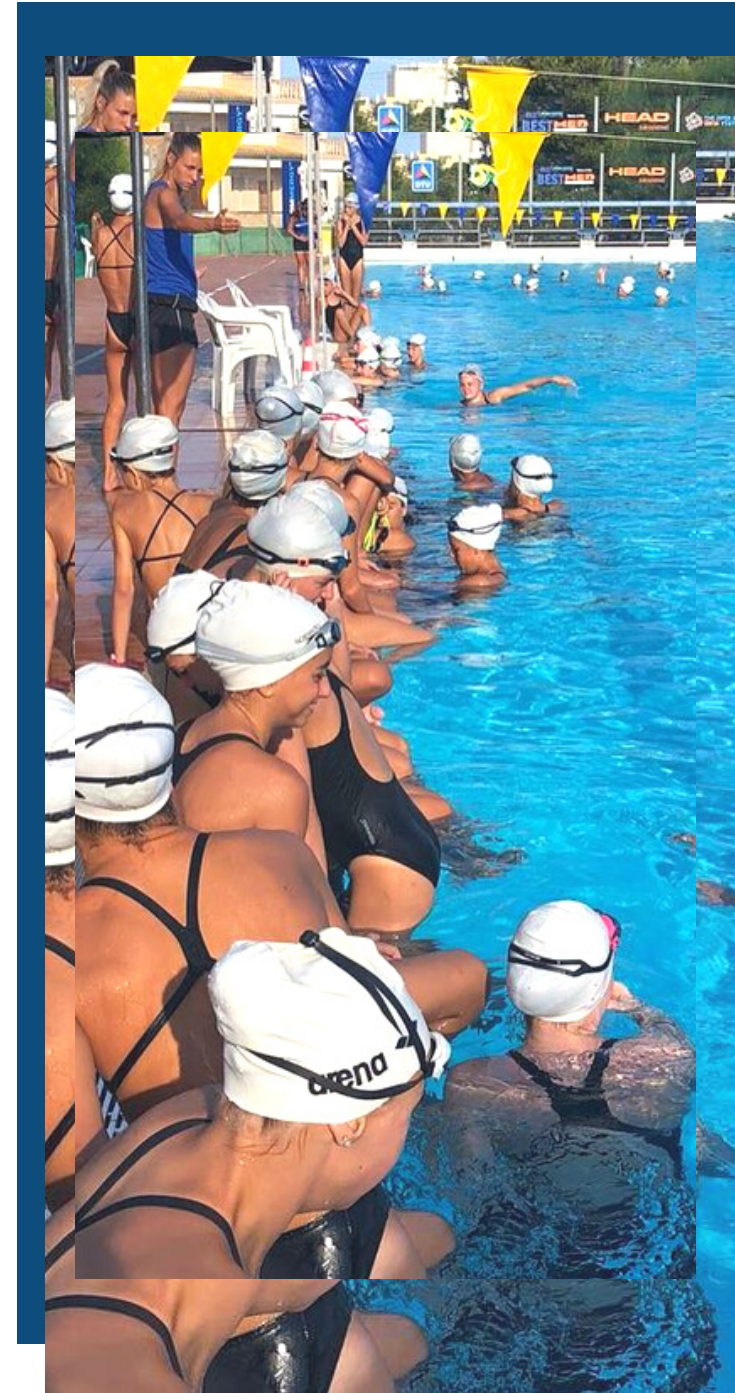
Although Andrea cannot be present at the camp, she has organised the schedule and programme and will be joining the swimmers by video link as she is on international duty with the USA national team. Andrea has won multiple medals at the Olympics and World Championships and is one of the world's most successful artistic swimmers. She is currently the USA national team coach.

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.





SYNKROLOVERS CAMP STAFF



Matthew O'Connor

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.



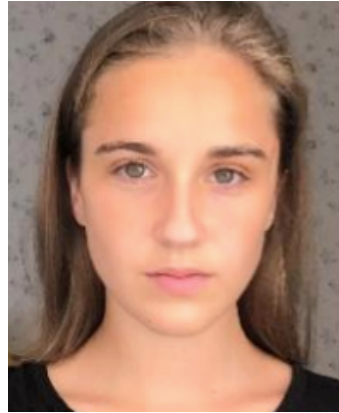
Muriel Escalé Garrell - Coach

Muriel has more than 12 years of experience in the world of artistic swimming and currently works as a Spanish national team coach of this discipline at the Granollers Swimming Club. During the 2021-2022 season she was the Spanish national Junior Team Head Coach winning both the European and World championships. She has also coached with the USA, Swiss, Dutch and Brazil national teams and is widely regarded as one of the best young artistic swimming coaches in the world.

Please note:

Andrea Fuentes will not be present at this camp but will be joining the swimmers by video link for a conference.

SYNKROLOVERS CAMP STAFF



Julia Echebarría - Gym coach

Professional synchronized swimmer, winning the Spanish national championships on multiple occasions. In 2017 she began her experience as a coach and last season she was in charge of the Spanish Champion children's team.

She is currently in charge of the technical line and physical preparation of the competition groups at Club Natació Granollers.



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.

PRICES

For 2023 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.

DISCOUNT-BOOKING CODES

Send us proof of use of a hotel booking code and **GET AN EXTRA 10% OFF** on the swimming fee (Non-residential Family Option)

10%

CANCELLATIONS

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.

REFUNDS

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

Blue Water Hotel Option with 24h monitors: 849€

Includes full board accommodation and synchro training.

Family Option: 600€

Synchro training only.

*Deposit 300€

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

SIBLING DISCOUNT

- 1^a sibling: 25% off
- 2^a sibling: 50% off
- 3^a and subsequent's siblings: 90% off

RECOMMEND A FRIEND

Recommend a friend (someone who has never been on Synkrolovers Camp) to sign up for Synkrolovers Camp 2023 and receive a 40 euros voucher to use at the BEST Centre swim gear shop or towards a private 1-2-1 session.

BLUE WATER 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.

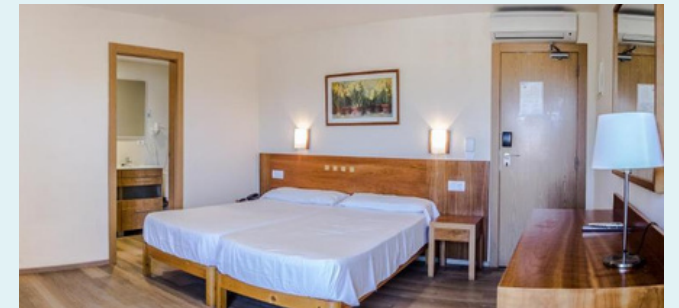
DATES

23-30 JULY 2023

ADDRESS

BLUEWATER
Hotel

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



ACCOMODATION DISCOUNTS - 2023

PLEASE USE OUR BOOKING CODES FOR THE GUARANTEED BEST HOTEL RATES!
SEND US PROOF OF USE OF A HOTEL BOOKING CODE AND GET AN EXTRA 10% OFF YOUR TOTAL CHILD SWIM AND PARENT ACTIVITY COST!

ACCOMODATION	DISCOUNT	DISCOUNT CODE	WEBSITE
BLAU CLUB COLÒNIA RESORT & SPA ****	5%	FSHBLAU2023	WWW.BLAUHOTELS.COM
THB SUR MALLORCA Hotel ****	7,5%	FSHSUR2023	WWW.THBHOTELS.COM
Universal HOTEL ROMÁNTICA ***	7,5%	UNIVERSALBEST23	WWW.UNIVERSALHOTELS.ES
ISLA CABRERA Apartments ****	5%	FSHISLACABRERA2023	WWW.HOTELISLACABRERA.COM
VILLA PICCOLA Apartments ****	3,5%	CONTACT US TO MAKE BOOKING INFO@BESTCENTRESPORTS.COM	WWW.VILLAPICCOLA.COM

ACCOMODATION DISCOUNTS - 2023

ACCOMODATION	DISCOUNT	DISCOUNT CODE	WEBSITE
HONUCAI Hotel ****	5%	BESTFEST5	WWW.HOTELHONUCAI.COM
Apartamentos POSIDONIA ****	2,5%	BEST	WWW.APARTAMENTOSPOSIDONIA.COM
Universal HOTEL DON LEÓN ****	7,5%	UNIVERSALBEST23	WWW.UNIVERSALHOTELS.ES
Universal HOTEL MARQUÉS ****	7,5%	UNIVERSALBEST23	WWW.UNIVERSALHOTELS.ES
Hotel EL COTO *****	BEST PRICE GUARANTEE	CONTACT US TO MAKE BOOKING INFO@BESTCENTRESPORTS.COM	WWW.HOTELELCOTO.ES
SES ROTES DE SA TALAIA House	BEST PRICE GUARANTEE	CONTACT US TO MAKE BOOKING INFO@BESTCENTRESPORTS.COM	
DALT VILA House	BEST PRICE GUARANTEE	CONTACT US TO MAKE BOOKING INFO@BESTCENTRESPORTS.COM	

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."

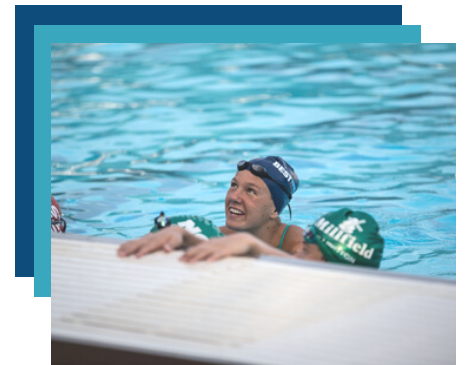
"Fantastic, Super and wonderful. My daughter is already asking can she come back next year".

"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!"

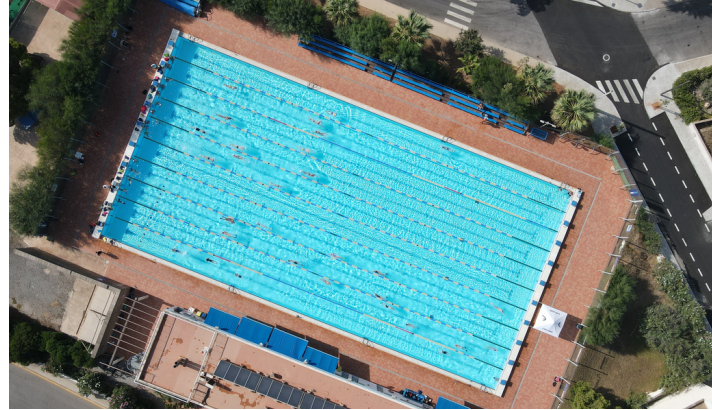
"The coaches are just great! They have so much energy, motivation and experience!"



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!



TOP ATHLETES - VISITS

- **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.**

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.

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.



LOCATION

COLÒNIA SANT JORDI

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

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.



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!

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.

TRANSFERS AIRPORT – BEST CENTRE SPORTS

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

- 1-4 people - 71 euros one-way.
- 5-7 people - 127 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 Rода and this will take you to the BEST Centre.

ADDRESS



BEST CENTRE SPORTS

Carrer Rода, 35.

07638 – Colònia de Sant Jordi.

Mallorca.





BEST CENTRE SPORTS *Mallorca*

info@bestcentresports.com

+ 34 971 65 65 60

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