

1. HIGH PERFORMANCE PADEL CAMPS

Immerse your kid in the iPadel experience.

***MEDICAL EXAMINATION REQUIRED - HISTORY, PHYSICAL EXAM, ECG, SPIROMETRY**



TRAIN & COMPETE PADEL CAMP

- 10 hours of Padel training
- Padel Competition
- 7.5 hours of sports/fitness training
- 3 hours of “Unleashing a Hero” activities

MORE INFORMATION BELOW

HIGH PERFORMANCE PADEL CAMP

- 22 hours of high-intensity Padel training
- 30 minutes of individual padel training per week
- 6.25 hours of specific physical preparation
- 3 nutrition training sessions

MORE INFORMATION BELOW



HIGH PERFORMANCE LONG STAY

- 6 days of training (Monday to Saturday)
- 22 hours of padel training
- 30 minutes of individual padel training per week
- 6.25 hours of physical preparation

MORE INFORMATION BELOW

1. HIGH PERFORMANCE PADEL CAMPS








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**MEDICAL EXAMINATION REQUIRED - HISTORY, PHYSICAL EXAM, ECG, SPIROMETRY*

TRAIN & COMPETE PADEL CAMP

(For players from 11 to 18 years old)

WHAT'S INCLUDED?

-  10 hours of Padel training (1:4 ratio)
-  Padel Competition on Saturday
-  7.5 hours of sports/fitness training
-  3 hours of “Unleashing a Hero” activities
-  Lunch and mid-morning snack
-  IPadel Welcome package
-  Photography included

OPTIONS WITH ONBOARDING

- Participants must stay at Adina Hotel with a parent or guardian
- Medical care, physiotherapy, and nutrition services (if needed)
- Full board included

For more information, please email hello@ipadel.au or call us at +61 491 982 754



2. HIGH PERFORMANCE PADEL CAMPS










Immerse yourself in the iPadel experience.

**MEDICAL EXAMINATION REQUIRED - HISTORY, PHYSICAL EXAM, ECG, SPIROMETRY*

HIGH PERFORMANCE PADEL CAMP

(For players between 11 and 20 years old)

WHAT'S INCLUDED?

-  22 hours of high-intensity Padel training (1:4 ratio)
-  30 minutes of individual Padel training per week (1:1 ratio)
-  6.25 hours of specific physical preparation
-  3 training sessions on injury prevention, and wellness
-  Mental training on the court
-  Padel competition on Saturday
-  Lunch and mid-morning snack
-  IPadel Welcome Pack
-  Photography included

OPTIONS WITH ONBOARDING

- Participants must stay at Adina Hotel with a parent or guardian
- Medical care, physiotherapy, and nutrition services (if needed)
- Full board included

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3. HIGH PERFORMANCE PADEL CAMPS










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**MEDICAL EXAMINATION REQUIRED - HISTORY, PHYSICAL EXAM, ECG, SPIROMETRY*

HIGH PERFORMANCE LONG STAY

(For players between 11 and 20 years old)

WHAT'S INCLUDED?

-  6 days of training (Monday to Saturday)
-  22 hours of Padel training (1:4 ratio)
-  30 minutes of individual Padel training per week (1:1 ratio)
-  6.25 hours of physical preparation
-  4 "Off court" activity sessions
-  Padel competition on Saturday
-  Lunch and mid-morning snack
-  IPadel Welcome Pack
-  Photography included

OPTIONS WITH ONBOARDING

- Participants must stay at Adina Hotel with a parent or guardian
- Medical care, physiotherapy, and nutrition services (if needed)
- Full board included

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