

# Basketball Pre-season Training Costa Brava, Spain

**Get Ready, Have Fun!**

**MORE THAN A PRESEASON**

The right decision for your club: train hard, have fun, enjoy the activities and experience the amazing Mediterranean weather. And all of that, with your basketball friends!



**1. The right way to make the most of your preseason: Indoor Basketball courts, gym and swimming pool**

Basketball courts in optimum conditions to carry out training sessions and preparation games. Gym and indoor 50 m. swimming pool to complement the work done on the court with physical exercises of the highest quality.



**2. Sport and cultural activities of all types to improve team chemistry and team spirit: paintball, karting, water activities, Barcelona, etc**

A complete program of activities over and above basketball to enable the players to have a good time with their teammates. The aim of Globasket Preseason is to create a unique team spirit which will be fundamental to start the season on the right foot.



**3.-Complement the Preseason period enjoying the Mediterranean weather and the best beaches on the Costa Brava**

Lloret de Mar fulfils all the requirements to carry out an excellent preseason. Make good use of your time by enjoying all this location has to offer.

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**TRAINING SESSIONS PRE-SEASON** The training sessions are carried out on indoor basketball courts which are conditioned for all ages. We also provide other facilities to perform more specific physical work out court:

- Indoor swimming pool
- Gym The training sessions of the court during two hours a day. The timetables are the following ones:  
9.00 – 11.00h / 11.00 – 13.00h / 13.00 – 15.00h  
17.00 – 19.00h / 19.00 – 21.00h

According to each club and team's needs, we can adapt and accommodate the timetable and the length of the sessions. We take care of all the details, offering 12 basket balls for each training session, 12 warm up shirts, cones and coordination ladders.

**TEAM WORK ACTIVITIES AND EXPERIENCES PRE-SEASON**  
**PAINTBALL, KARTING, RAFTING, BANANA WATER, BOWLING, MINI GOLF, SNORKEL, BTT, EXCURSIONES** among others.

Full range of leisure and sport activities to complete the training sessions. Doing these kind of activities is a great opportunity to encourage the team work performance and union of the team and to act as a player for a unique experience.



We offer 2/3 default leisure activities: Paintball, Bowling and Mini Golf.

Each club or team has the ability to change them and choose the activities they want to do during the pre-season.

Who would say no to playing paintball or going karting with their teammates?

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**BARCELONA, CAMP NOU, GIRONA, LLORET DE MAR...**

Preseason is an exclusive opportunity to combine basketball and culture, providing a wide range of touristic offers so that the clubs may take maximum advantage of their stay in the country.

As with the sports activities, each club can select the cultural activities they wish to do during their preseason.



## PRE-SEASON ACCOMMODATION

A 4\* Resort hotel of great quality has been chosen for this Pre-season. The short distances between the basketball courts and the hotel allow everyone to go on foot and save extra time which can be used for other activities. There are two possibilities of accommodation: 4 or 6 days with full board, with triple rooms for the players and twin rooms for the coaches.

Families and friends that want to join the team in this experience will be able to choose the type of room and whether they prefer full or half board. Due we are in summer time, the hotel offers outdoor swimming pool and meeting/video room. Besides that, each room has TV, WIFI and private bathroom.

The hotel offers a meals buffet, therefore each player has wide variety of healthy products to choose from.



### PRE-SEASON REGISTRATION: 4 DAYS PACK includes :

- 3 nights in Hotel Guitart 4\*: double or triple rooms
- Full Board (breakfast, lunch and dinner)
- Basketball courts available all days
- Basketball equipment for the training sessions (balls, cones and coordination ladders).
- Gym and indoor swimming pool (50 meters)
- 2 Sports activities included: Paintball and Bowling (default).
- Barcelona/Girona Airport or Railway transfers to Lloret and back
- Insurance Registration fees: Players & Coaches From £399 (VAT included)

