



PROFESSIONAL TEAM

2024

FOR
BOYS
AND
GIRLS



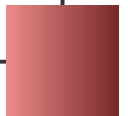
ALL YEAR 2024

WWW.SCNACADEMY.ES

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SPORT COACH NORTE is a comprehensive sports training center where we offer different academic, sports performance, psychological counseling, leisure and recreation services.



01. Who WE ARE?

With the **MISSION** of achieving a differential service based on excellence, individualization and professionalism of our services with the aim of optimizing all resources in order to achieve the highest performance.

Our **VISION** is to offer a professional activity based on the quality of our services through innovation and new technologies, always with a close and familiar treatment that helps bring out the best in each user.

02. SCN

Academy

SCN ACADEMY is an international football academy that was created with the aim of offering a comprehensive training service, to promote processes of improvement and adaptation to professional football, through the best professionals in all the areas involved in our sport using all the resources, facilities and new technologies that the football industry offers us.



03. This is our **TEAM**



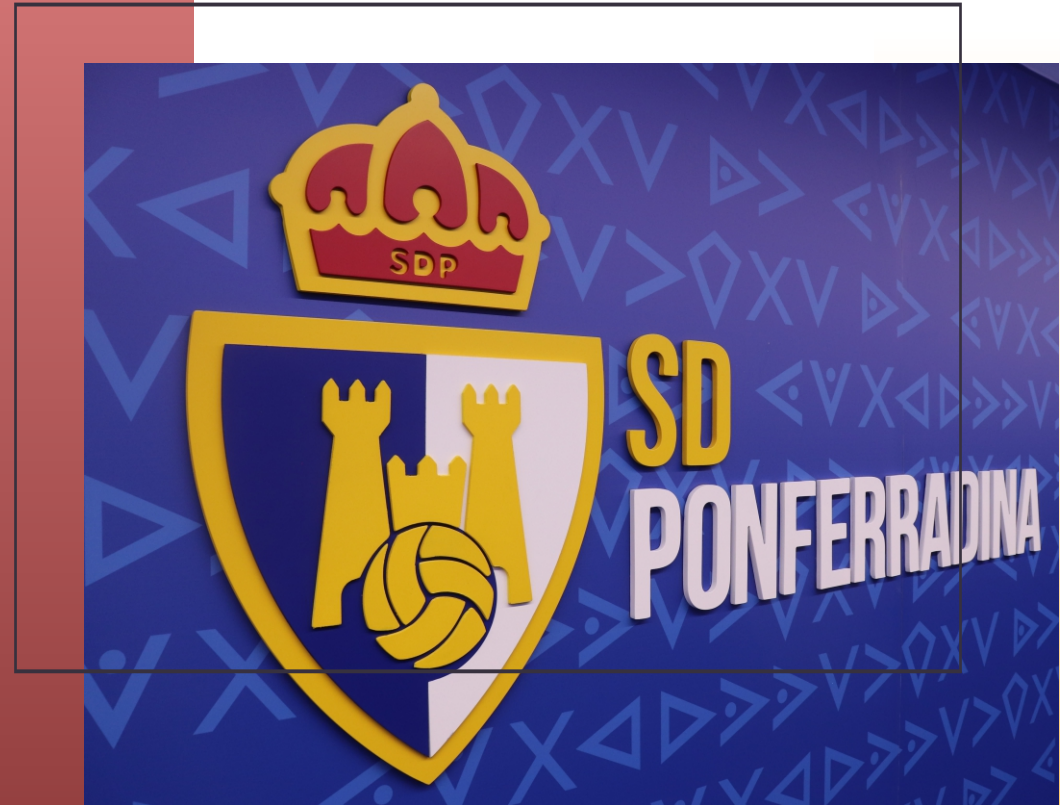
SPORT COACH NORTE IS FORMED BY PERSONNEL WITH A WIDE BACKGROUND IN THE SPORTS AND PROFESSIONAL FIELD, FROM PROFESSIONAL ATHLETES TO BUSINESS MANAGERS, TO DOCTORS AND GRADUATES IN PHYSICAL ACTIVITY AND SPORTS SCIENCES

“Our main objective is to get the best performance from all athletes and professionals in the sports and business field as well as obtain the maximum potential in the emotional and leadership area through coaching.”

04. S. D.

Ponferradina

"In the city of Ponferrada on June 7, 1922..." This is how the history of S. D. Ponferradina officially begins, on paper... A long journey through the different categories of Spanish football that has left the Club installed today in professional football, being on several occasions just one step away from competing in the highest category.





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The stadium, "El Toralín", municipal ownership, was inaugurated on September 5, 2000, with the friendly match between the local team of Ponferradina and the Galician team of Celta de Vigo, with a result of 0-2, while The first official match was a 1-0 Ponferradina Universidad de Oviedo, on the third league matchday of the 2000/01 Second Division B championship. With the construction of this stadium, the aim was to give Ponferradina a sports space closer to the city center and locate it next to a large part of the municipal sports facilities.

05. What is

PROFESSIONAL TEAM?

Professional Team is an international soccer camp, **DESIGNED FOR BOYS AND GIRLS**, in the facilities of **SCN ACADEMY** and **S. D. PONFERRADINA**, dedicated to professional football.

In the Professional Team program, which lasts from 1 month to 3 months, you will be able to enjoy the magic of a professional soccer team in Spain, train in their facilities, improve your qualities and take tests in other professional clubs.





06. Our **OBJECTIVES**

1. Know the methodology and training dynamics of a professional club in Spain.
2. Analyze and evaluate each player at a technical-tactical, conditional and behavioral level.
3. Implement an individual improvement plan to be carried out upon returning from Professional Team.
4. Use the facilities and work with a staff from a professional club in Spain.
5. Take tests in professional clubs.
5. Enjoy a quality active leisure program and a natural environment that is an international biosphere heritage site.



07. TECHNOLOGY AND PERFORMANCE

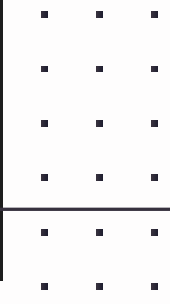


At **SCN Academy** we strive to provide our players with the latest technologies in the sport.

GPS will offer very valuable data for analysis such as:

- The workload of each player per match and training
- Number of actions and distance traveled in high intensity actions
- Comparison between players
- Playing positions and strategies, etc.

The **VIDEO ANALYSIS**, A tool increasingly used every day in all areas of sport. With the recording you can access a large amount of statistical data that will allow the player to improve both their collective and individual performance.



08. Stay

Attendees stay in the facilities that the SCN Academy has in Molinaseca, a town near the city of Ponferrada, where they have all the comforts to make their stay unforgettable. Recently acquired they have:

- Natural grass soccer field.
- Gym.
- Reading and study area.
- Conference hall.
- Wi-Fi/internet zone
- Game's zone.
- Gardened area.
- Multisports court.
- MTB.

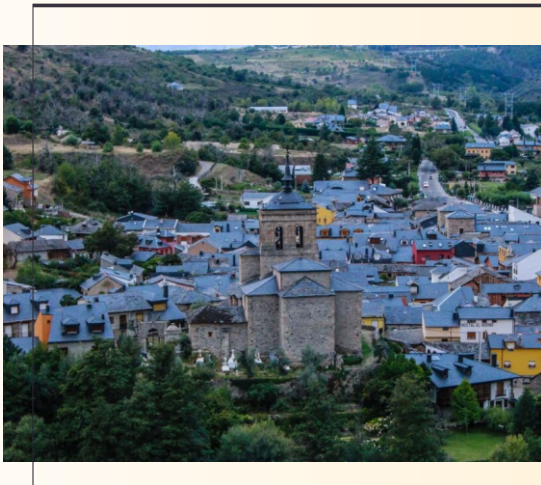


09. Location

In 2020 Molinaseca enters the list of "Most Beautiful Towns in Spain" thanks to its history, landscapes and entertainment.

Molinaseca is a suggestive town with a medieval flavor and a traveling path, which occupies a fertile valley full of fruit trees, meadows and orchards, crossed by the Meruelo River with crystal-clear waters and magnificent trout.

This small town currently has almost 10 centuries of history and is an obligatory stop on the Camino de Santiago for pilgrims traveling to Galicia.





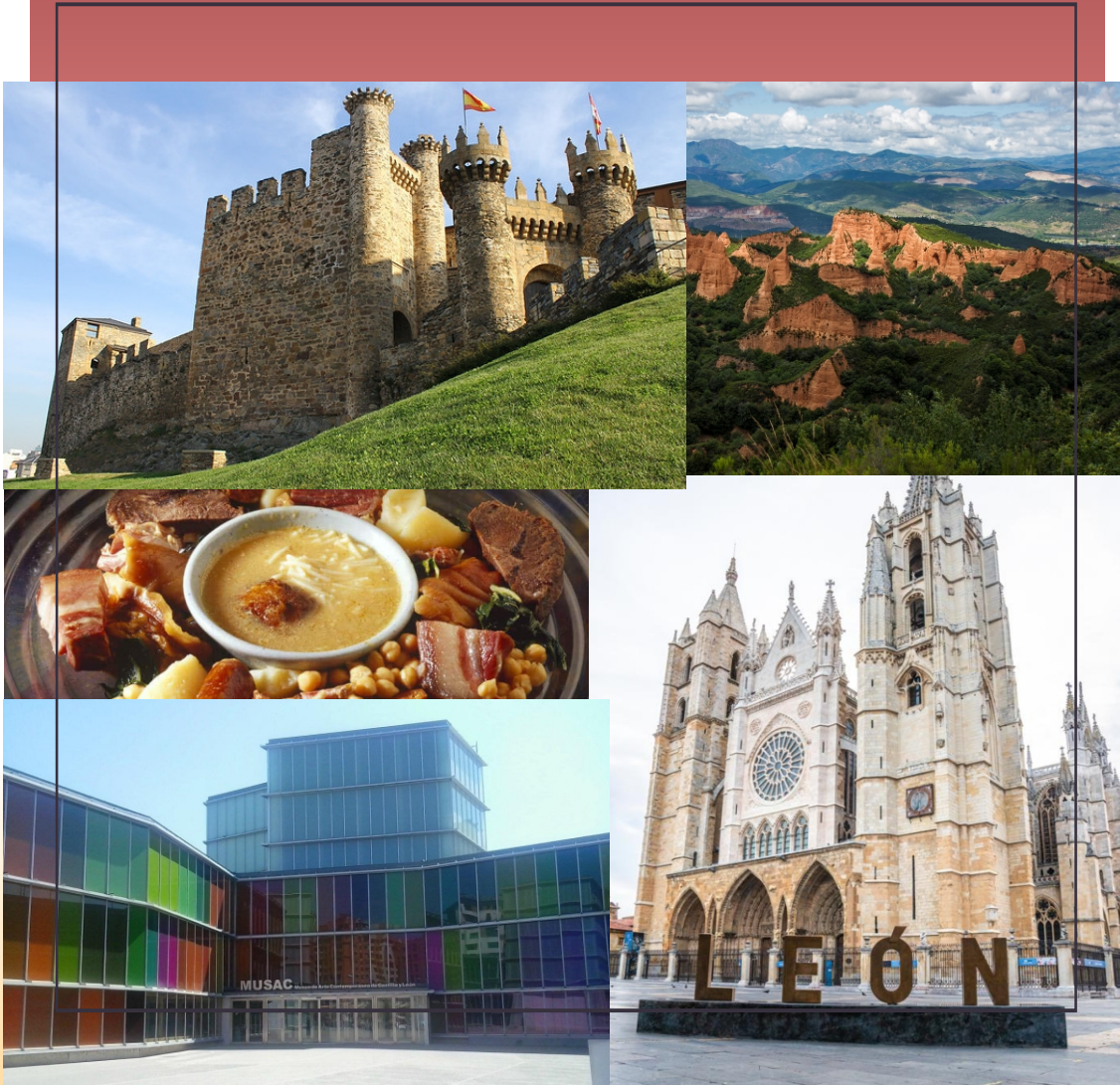
10. SPORTS ACTIVITIES

SCN ACADEMY has a wide catalog of sports activities to offer its athletes. From visits to sports museums of the great La Liga teams to water activities, including training in the modern facilities of the S. D. Ponferradina and those of the SCN Academy.

- Museum of the Spanish football team (RFEF)
- Bernabéu Tour (Real Madrid)
- Atleti Territory (Atletico de Madrid)
- Canoes
- Rafting
- Canyoning
- Hiking
- Gym



11. CULTURAL ACTIVITIES



The cities of Ponferrada and León offer their visitors endless cultural activities with which to enjoy their leisure time.

The Templar castle of Ponferrada.

Las Médulas, former gold mine from Roman times.

The **cathedral of León**, a jewel of Gothic architecture.

The **MUSAC**, museum of contemporary art.

Gastronomy, with an infinite number of dishes to taste.

These are just some of the many cultural visits that can be made.

12. PROGRAMMING

PROFESSIONAL TEAM 2024



The program described on the next two pages may be modified due to collective training schedules, activities or testing on professional teams.



IT IS FOR GUIDANCE AND ONLY SERVING AS INFORMATION AND EXAMPLE

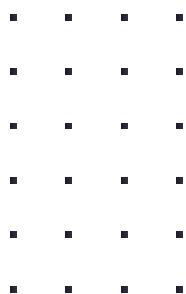
12. PROGRAMMING

PROFESSIONAL TEAM 2024



OPTION

From
February 5
to
March 3



WEEK	DAY	MORNING	AFTERNOON
1	MON 5	Pick up at the airport, group organization and planning at the academy	
	TUE 6	Technique / Gym	Test SCN Academy
	WED 7	Training with S. D. Ponferradina	Video analysis / Psychologist
	THU 8	Technique / Gym	Sport activity
	FRI 9	Training with S. D. Ponferradina	Technique / Gym
	SAT 10	Technique / Gym	Video analysis / Psychologist
	SUN 11	Cultural visit to the city of Ponferrada	Live match
2	MON 12	Technique / Gym	Video analysis / Psychologist
	TUE 13	Training with S. D. Ponferradina	Technique / Gym
	WED 14	Technique / Gym	Test on professional team
	THU 15	Training with S. D. Ponferradina	Cultural visit to the city of León
	FRI 16	Technique / Gym	Video analysis / Psychologist
	SAT 17	Test on professional team	Sport activity
	SUN 18	Free	Live match

EVERY DAY IN SCN ACADEMY: 9:00 a.m. Breakfast / 2:00 p.m. Lunch / 9:00 p.m. Dinner / 10:00 p.m. Night activity / 0:00 h. Rest

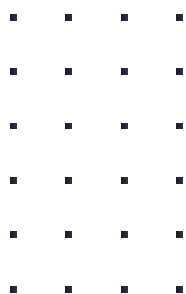
12. PROGRAMMING

PROFESSIONAL TEAM 2024



OPTION

From
February 5
to
March 3



WEEK	DAY	MORNING	AFTERNOON
3	MON 19	Technique / Gym	Test SCN Academy
	TUE 20	Technique / Gym	Sport activity
	WED 21	Training with S. D. Ponferradina	Video analysis / Psychologist
	THU 22	Test on professional team	
	FRI 23	Training with S. D. Ponferradina	Technique / Gym
	SAT 24	Technique / Gym	Video analysis / Psychologist
	SUN 25	Cultural visit Las Médulas	Live match
4	MON 26	Technique / Gym	Video analysis / Psychologist
	TUE 27	Training with S. D. Ponferradina	Technique / Gym
	WED 28	Technique / Gym	Free
	THU 29	Training with S. D. Ponferradina	Sport activity
	FRI 1	Test SCN Academy	Video analysis / Psychologist
	SAT 2	Test on professional team	Visit RFEF Museum
	SUN 3	Airport transfer	

EVERY DAY IN SCN ACADEMY: 9:00 a.m. Breakfast / 2:00 p.m. Lunch / 9:00 p.m. Dinner / 10:00 p.m. Night activity / 0:00 h. Rest

13. DATES OF

PROFESSIONAL TEAM 2024

MONTHS

ALL YEAR

PERIODS

FROM 1 MONTH
TO 3 MONTHS

CHECK ANY OTHER DIFFERENT PERIOD OF TIME



14. PRICES

Enjoy your
**Professional
Team** now!!

1 MONTH

2950 €

2 MONTHS

4950 €

3 MONTHS

5950 €

AND INCLUDED

- Transfer from airport to SCN Academy (round trip).
- Accommodation on a full board basis.
- Use of SCN Academy facilities.
- Adidas equipment (pants and t-shirt).
- Transportation in cultural, sports activities and test.
- Video recording.
- Psychologist.
- Use of sports training material.
- Laundry service.
- Free bioimpedance analysis for each player.
- Test on Professional teams.



15. OUR PARTNERS



16. CONTACT



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Professional Soccer player:
1999–2013 Real Madrid C. F.
2013–2014 Ontinyent C. F.
2014–2016 Harrisburg City Islanders
2017–2018 Oklahoma City Energy
2019–2020 Coruxo F. C.
2020– U. D. Sanse



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UEFA PRO Soccer Coach

DOCTOR in Phisycal Activity and Sports
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