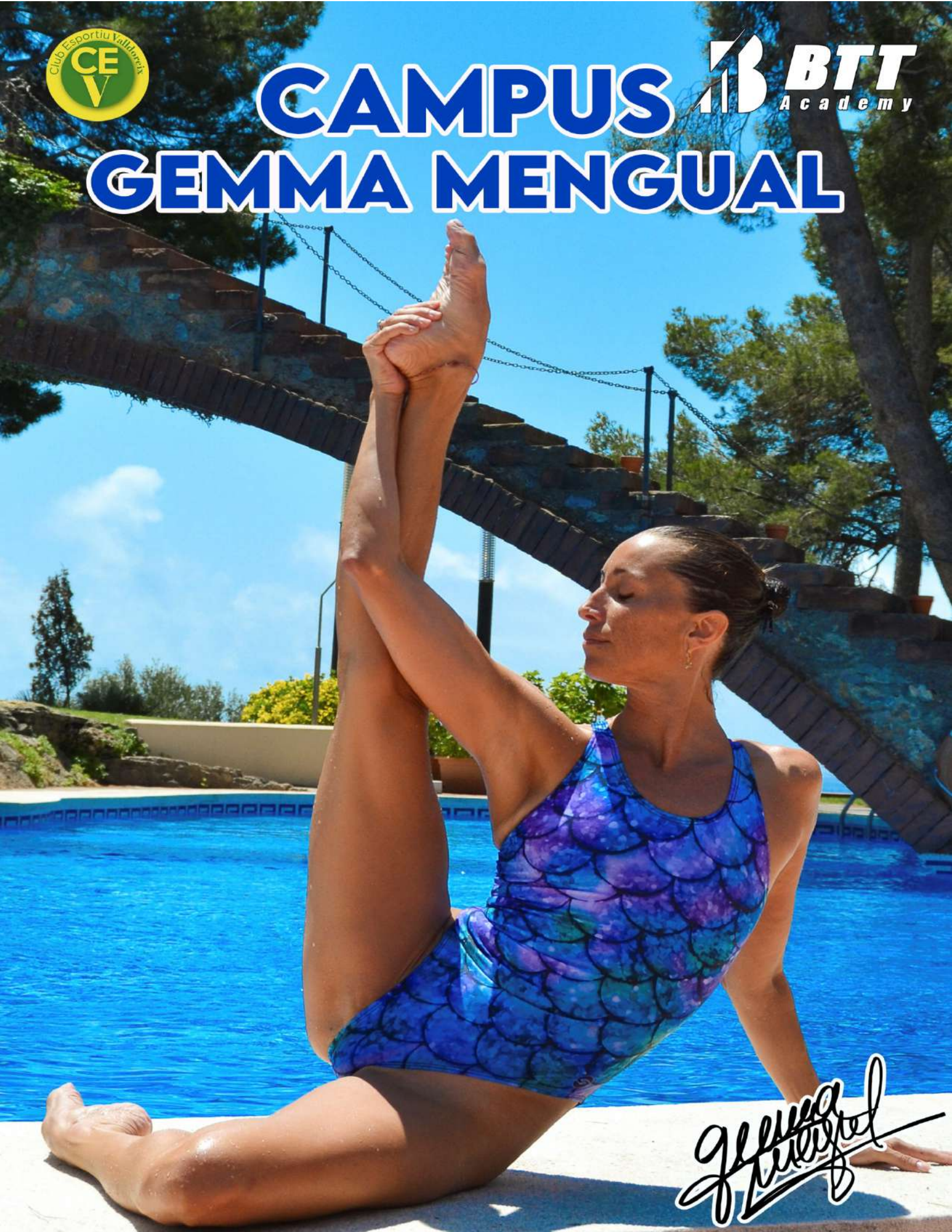




# CAMPUS GEMMA MENGUAL



*Gemma Mengual*

# GUIDE FOR FAMILIES

GEMMA MENGUAL CAMP | SUMMER 2023  
FUNDACIÓ BTT - CLUB ESPORTIU VALLDORÈIX

## GEMMA MENGUAL ARTISTIC SWIMMING CAMP

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### OBJECTIUS

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- Teamwork, new skills and technical improvement.

### WORK METHODOLOGY

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- Welcome
- Stretching and warm-up exercises.
- Explication of the daily Schedule and goals to achieve.
- Dance and body language in and out of the pool
- Working on FINA figures
- Use of underwater cameras
- Self-assessment through videos.
- Additional workshops: entry performance, dressmaking, hairstyle and makeup practice
- Preparation for the final group show
- Final exhibition show (open day for the parents)

### REQUIRED EQUIPMENT FOR ARTISTIC SWIMMING

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- Swimwear: 2 pieces, free choice
- Swimming cap, diving goggles, swimming clips
- Sunscreen, towel, flip flops
- Sportswear: for dancing activities and stretching, etc.
- Optional: a thin mat for out of the pool exercises.
- **IMPORTANT: ALL THE EQUIPMENT MUST BE MARKED WITH THE NAME AND SURNAME OF THE CHILD.**





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## DAILY SCHEDULE

SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 9:00	WELCOME				
9:00 - 9:30	STRECHING EXERCISES + WARM UP + DAILY SCHEDULE EXPLICATION				
9:30 - 10:30	DANCING	BODY LANGUAGE	DANCING	BODY LANGUAGE	DANCING
10:30 -11:00	BREAK/BREAKFAST				
11.00 - 13:00	WARM UP SERIES + SINCHRO SPECIFIC GOALS + TECHNIQUES OF THE FIGURES AND STROKES				
13:00 - 14:30	LUNCH				
14:30 - 15:15	ENTRY PERFORMANCE WORKSHOP	DRESSMAKING WORKSHOP	HAIRSTYLES WORKSHOP	MAKEUP WORKSHOP	FINAL EXHIBITION SHOW PREPARATIONS
15:30 - 17:30	CHOREOGRAPHY / PREPARATION FOR THE SHOW				OPEN DAY / EXHIBITION SHOW



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## MEETING GEMMA MENGUAL SUMMER CAMP

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- Meeting with the families on
- The camp manager is **Gemma Mengual**.
- The activities and summer camp coordinator is Roger Badia  
[coordinadorestiu@fundaciobtt.com](mailto:coordinadorestiu@fundaciobtt.com)
- Albert Pradell, family assistance.  
[familiestiu@fundaciobtt.com](mailto:familiestiu@fundaciobtt.com)
- Contact phone numbers: C.E.Valldoreix 93 674 11 17 BTT office 93 544 26 29

## REGISTRATION

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- E-mails: [info@clubesportiuvalldoreix.com](mailto:info@clubesportiuvalldoreix.com) [administracio@fundaciobtt.com](mailto:administracio@fundaciobtt.com)

## GOOD MORNING SERVICE AND PICK UP TIME

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The Good morning service is from 8 to 9 am.

The meeting and pickup point is in front of the wooden house (opposite the gym). The instructors will welcome the children and sign up for the attendance list. The parents will be asked to provide the name and the surname.

Pickup: from 5:30 pm to 6:00 pm. Parents cooperation is required informing the instructor in charge.

In case of allowing the child to leave on its own, a signed authorization is needed.



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## CAMPING DAY

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Thursday, 13<sup>th</sup> of July.

The activity is free ( from 5:30 pm Thursday to 9:00 am Friday ).

## PROCEDURES IN CASE OF ABSENCE

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We kindly ask the parents to inform the coordinator of the camp about the absence. In case of not being informed, the coordinator will get in touch with them, so we are able to spot possible problems in time to solve them.

## PERSONAL DATA CONFIDENTIALITY TREATMENT

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As the data provided by the parents contains confidential information, the registration forms are kept in a safe place which can be accessed only by authorized personnel.



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## PROCEDURES OF ENTRY AND DEPARTURE TO AND FROM THE CAMP FACILITIES

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Established procedures must be carried out to ensure maximum safety on the camp facilities, regarding the time schedules, entry and departure points, and persons which are authorized to pick up the children.

Suggested measures:

- When filling in the registration form, the parents are kindly asked to indicate the person who will pick up the child. If the child is picked up by a different person, a signed authorization is required.
- The entry and pick up point should always be the same in order to ensure better control.

## HEALTH AND HYGIENE MEASURES

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As previously mentioned, the instructors will be informed about health issues of every child (allergies and diseases). This information will be used to take protection measures and avoid unnecessary risks. If needed, a meeting parent / coordinator will be organized and particular measures and requirements will be specified.

Under no circumstances medication will be given without a parent authorization or medical prescription.

A first-aid-kit is available at the club facilities. It only contains material to heal minor injuries. For major injuries, the child will be taken to the nearest medical centre.

A copy of the healthcare card is needed. It should be handed in along with the registration form.



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## DINING ROOM SERVICE

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The dining room service and leisure time is from 1 to 2:30 pm.

