



# HIGH-PERFORMANCE INTERNATIONAL PROGRAM

**+16** years old

REAL RACING CLUB





**INTERNATIONAL PROGRAM**  
HIGH-PERFORMANCE

IF YOU WANT TO TAKE YOUR GAME TO THE NEXT LEVEL,  
**THIS PROGRAM IS FOR YOU.**  
WE OFFER YOU THE OPPORTUNITY TO TRAIN IN A SAFE  
AND PROFESSIONAL ENVIRONMENT, WITH AN ELITE  
METHODOLOGY AND ALL THE TOOLS YOU NEED TO IMPROVE  
**YOUR PERFORMANCE.**

**REAL RACING CLUB**





## **WHY PARTICIPATE?**

We know that preseason is key for any player, and studies confirm it:

Footballers who train during the summer are **60%** more likely to stand out on their teams.

**Here, you will not only improve your technique and fitness, but you'll arrive in top shape to make a difference when competition returns.**





**INTERNATIONAL PROGRAM**  
HIGH-PERFORMANCE

## HOW DO WE DO IT?

Joining the **Real Racing Club's High-Performance Program** offers a unique opportunity to maximize each **player's football potential**.

**4** HIGHLIGHTED FEATURES

REAL RACING CLUB





## INTERNATIONAL PROGRAM HIGH-PERFORMANCE

1

**Training sessions led by certified coaches and former professional players, following the methodology of Real Racing Club.**



Participants will benefit from the experience and knowledge of certified coaches who have adopted the methodology of Real Racing Club.

2

**Friendly matches observed by scouts from various clubs, providing players with the opportunity to be evaluated and potentially recruited.**



During the camp, friendly matches will be organized and attended by representatives from various clubs, providing players with the opportunity to be scouted and potentially recruited.

**REAL RACING CLUB**





## INTERNATIONAL PROGRAM HIGH-PERFORMANCE

3

**All matches will be recorded and sent to players for detailed performance analysis and continuous development.**



All matches will be recorded and later sent to the players, allowing for a detailed analysis of their performance and supporting their continuous development.

4

**The program addresses the four pillars of elite footballers: technical, tactical, physical conditioning, and emotional intelligence, ensuring comprehensive training.**



The program is designed to address the four fundamental pillars of an elite footballer: technique, tactics, physical conditioning, and emotional intelligence, ensuring a comprehensive training experience.

REAL RACI



## HOW DO WE DO IT?

### Real Racing Club Methodology



### Specific Strength



### Daily Monitoring via Racing 360° App



### Training Sessions



We will apply the **Real Racing Club methodology** in all training sessions, both technical-tactical and physical.  
We'll carry out specific strength sessions and conduct **daily monitoring through the Racing 360°** app, allowing you to continue progressing even after the program.

This is an ambitious project where we want to help you reach **your highest level** and showcase your talent on your team.  
With effort, dedication, and the right support, we are confident that you can make a significant leap in your performance.





## INTERNATIONAL PROGRAM HIGH-PERFORMANCE

### HOW DO WE DO IT?

This program is designed for players from all over the world, whether international or national.

We want to offer a high-performance experience tailored to the needs of each player.

#### Full Package:

- ✓ Accommodation
- ✓ Lunch
- ✓ Activity
- ✓ Training
- ✓ Tracking via the app

Includes full board, residence accommodation, training sessions, tracking via the Racing 360° app, activities, and medical insurance.



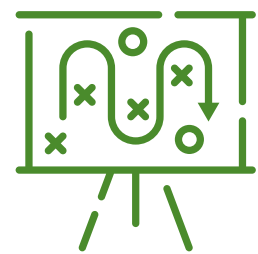
REAL RACING CLUB





# TRAINING PROGRAM

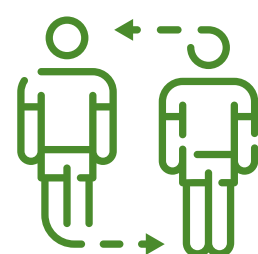
Throughout the program, you will follow an intensive plan designed to **maximize your performance.**



**Technical-tactical sessions** at Real Racing Club facilities and at our individual technical academy, **Futbox.** Focused on improving individual skills, game coordination, and decision-making in real match situations.



**Strength and conditioning sessions** aimed at improving endurance, power, and injury prevention, ensuring you're ready for preseason in top form.



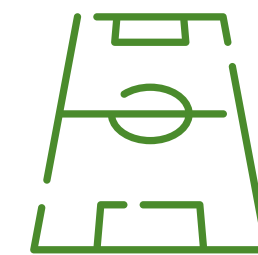
**Educational talks** on nutrition, sports psychology, and leadership in football, because success on the pitch also depends on what you do off it.







## TRAINING PROGRAM



**Friendly matches** where you'll put into practice everything you've learned.



**Initial and final evaluations** carried out by our specialists to measure progress and offer personalized feedback to help you continue improving beyond the program.







**INTERNATIONAL PROGRAM**  
HIGH-PERFORMANCE

# WHERE IS THE PROGRAM HELD?

**FUTBOX**  
TRAINING CENTER

**LIENCRES**  
NATURAL PARK

**NANDO YOSU**  
FACILITIES

**REAL RACING CLUB**





## INTERNATIONAL PROGRAM HIGH-PERFORMANCE

# FUTBOX TRAINING CENTER

**Futbox** is a training center designed for the integral development of the player, combining technique, decision-making, and physical conditioning in an optimized environment.



With two 5-a-side football fields, a gym, and a Padel court, we work on both technical details and physical conditioning, ensuring that each session helps the player become faster, stronger, and more efficient in the game.

Here, improvement comes not just with the ball, but also through developing the ability to respond physically to the demands of high-performance football.

REAL RACING CLUB





**INTERNATIONAL PROGRAM**  
HIGH-PERFORMANCE

# LIENCRES NATURAL PARK



**REAL RACING CLUB**

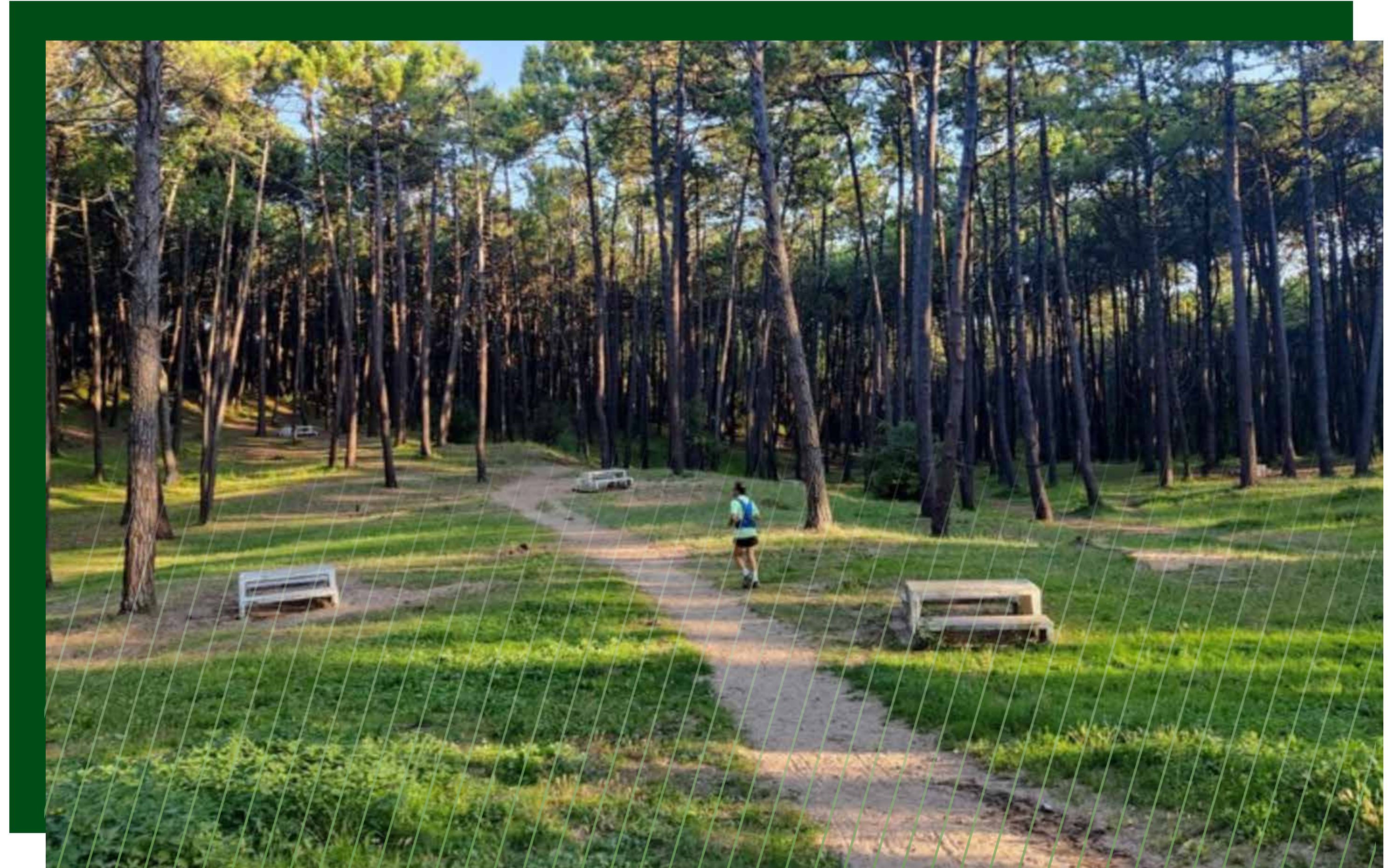




# LIENCRES NATURAL PARK

## **Pinares of Liencres – Conditional Training in a Natural Environment:**

Located in the heart of nature, this space enhances physical and mental development through high-intensity exercises and conditioning work, making the most of the natural setting to boost performance.







## PARQUE NATURAL DE LIENCRES

### **Valdearenas Beach – Sand Power Training:**

Situated among the dunes of a protected natural park, this location is perfect for power and agility training on demanding terrain, combining physical challenge with the enjoyment of a beautiful coastal environment.







## **NANDO YOSU FACILITIES**



**REAL RACING CLUB**





## OFFICIAL GEAR

Each player will receive **an official kit**, ensuring they can train with proper and high-quality equipment.

We want every participant to feel part of this high-performance experience from day one.

### The kit includes:

1 sweatshirt + 2 training shirts + 2 pairs of shorts + 1 pair of socks







## SOCIO-CULTURAL ACTIVITIES

Football is important, but we also want you to enjoy a well-rounded experience. During the camp, we'll organize cultural visits to explore the region and the city. Some of the stops include:



### **Beach Soccer:**

For fun and training in a different environment..



### **Palacio de la Magdalena:**

An iconic landmark of Santander.



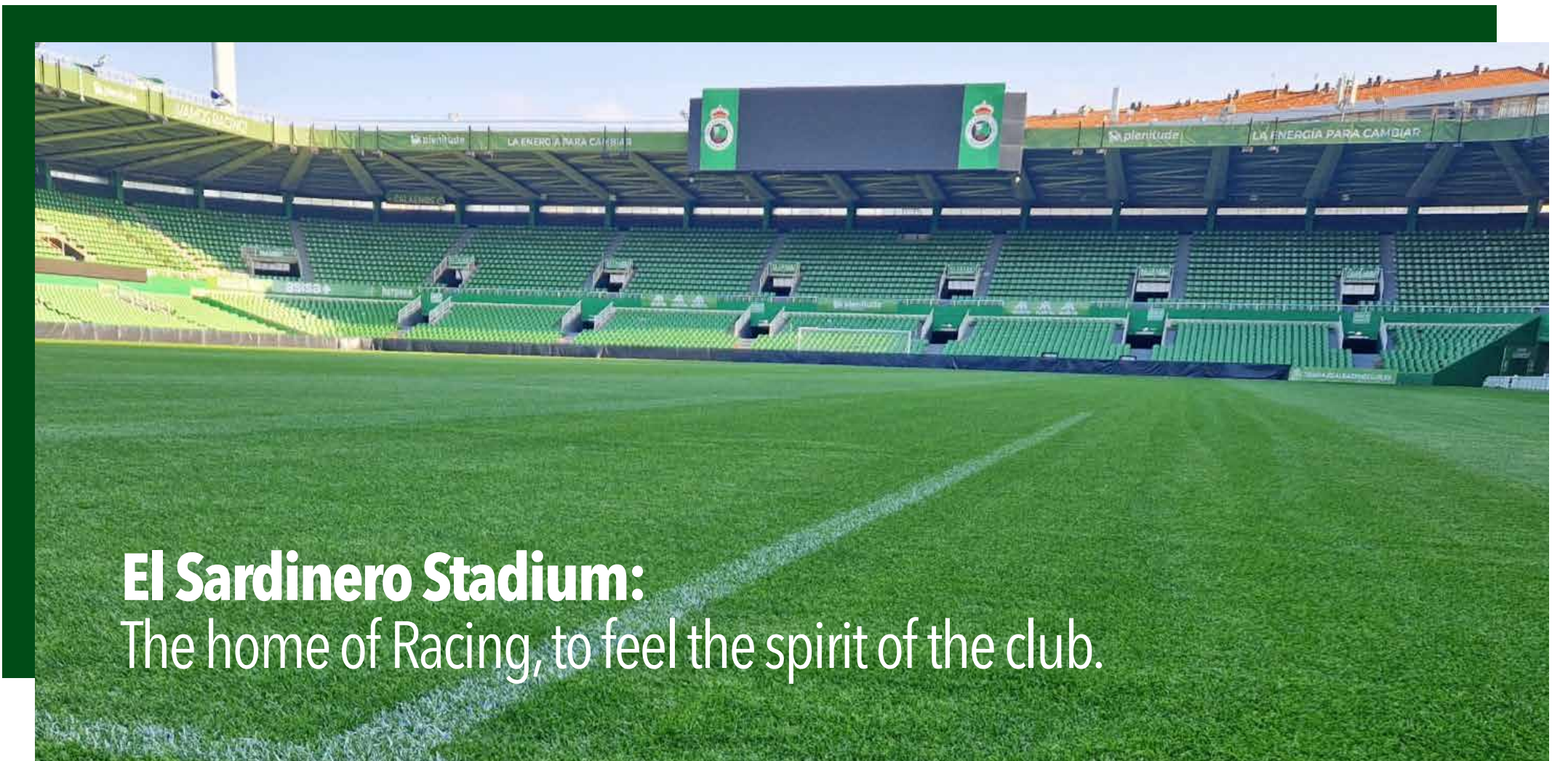
### **Centro Botín:**

A cultural reference point in the region.



### **Cabárceno Nature Park:**

A stunning natural setting with wildlife..



### **El Sardinero Stadium:**

The home of Racing, to feel the spirit of the club.





## INTERNATIONAL PROGRAM HIGH-PERFORMANCE

### ACCOMMODATION & INSURANCE

Players will stay in a residence with **full board**, with 24-hour supervision and permanent security.

They will also be covered by a **medical and accident insurance** policy through the company ASISA, so they can train with total peace of mind.



REAL RACING CLUB





TYPICAL  
WEEK  
HIGH-PERFORMANCE  
PROGRAM

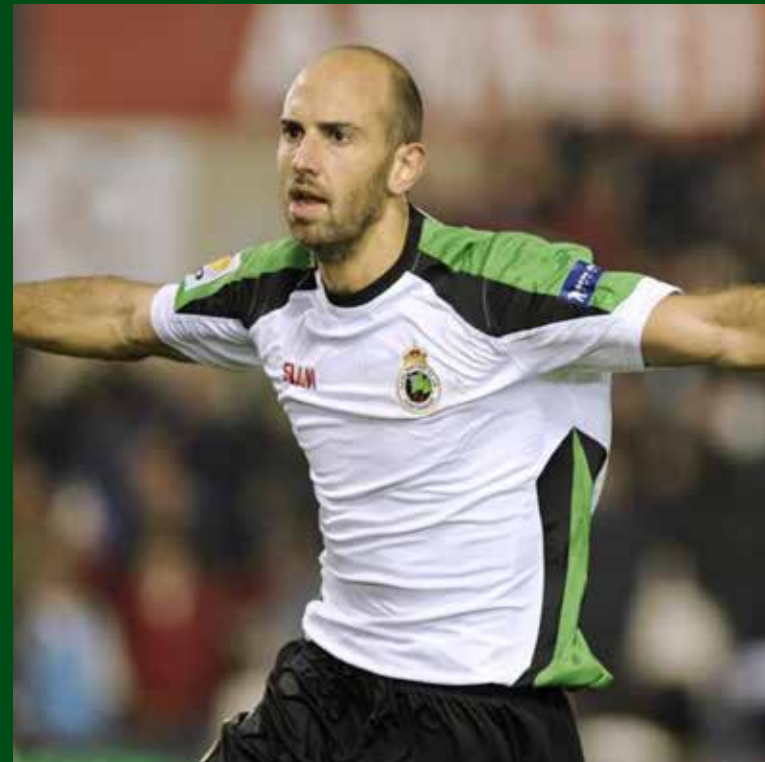
M	T	W	T	F	S	S
Good Morning 8:00	Good Morning 8:00	Good Morning 8:00	Good Morning 8:00	Good Morning 8:00	Good Morning 8:00	Free day
Breakfast 8:15 a 9:00	Breakfast 8:15 a 9:00	Breakfast 8:15 a 9:00	Breakfast 8:15 a 9:00	Breakfast 8:15 a 9:00	Breakfast 8:15 a 9:00	
Departure to Futbox 9:30	Departure to Futbox 9:30	Departure to Futbox 9:30	Departure to Futbox 9:30	Departure to Futbox 9:30	Departure to Soto de la Marina 9:30	
Training at Futbox 10:00 a 12:00	Training at Liencres Pinares 10:00 a 12:00	Training at Futbox 10:00 a 12:00	Training at Futbox 10:00 a 12:00	Training at Futbox 10:00 a 12:00	Friendly match or tournament 10:00 a 12:00	
Lunch 13:00	Lunch 13:00	Lunch 13:00	Lunch 13:00	Lunch 13:00	Lunch 13:00	Lunch 13:00
Rest in rooms 13:30 a 15:30	Rest in rooms 13:30 a 15:30	Rest in rooms 13:30 a 15:30	Rest in rooms 13:30 a 15:30	Rest in rooms 13:30 a 15:30	Rest in rooms 13:30 a 15:30	
Departure to training 15:30	Nutrition and Sports Psychology Talk 15:30 a 16:30	Departure to training 15:30	Formative talk 15:30 a 16:30	Departure to training 15:30	Free time 18:30 20:30	
Training 16:00 a 18:00		Training 16:00 a 18:00		Training 16:00 a 18:00	Dinner 20:30	
Return to Residence 18:15	Activity	Return to Residence 18:15	Activity	Return to Residence 18:15	Good Night 23:00	
Free time 18:30 20:30	Dinner 20:30	Free time 18:30 20:30		Free time 18:30 20:30		Dinner 20:30
Dinner 20:30	Good Night 23:00	Dinner 20:30	Dinner 20:30	Dinner 20:30		Good Night 23:00
Good Night 23:00		Good Night 23:00	Good Night 23:00	Good Night 23:00		





# Coaching & Technical Staff

**Gonzalo Colsa**



Trayectoria

- Racing de Santander
- Atlético de Madrid
- Real Valladolid
- RCD Mallorca
- CD Mirandés

**Edu Bedia**



- Racing de Santander
- Hércules CF
- FC Barcelona B
- 1860 Múnich (Germany)
- Real Oviedo
- Real Zaragoza
- FC Goa (India)

**Alberto Guitián**



- Sporting de Gijón
- Real Zaragoza
- Real Valladolid
- Bolívar (Bolivia)
- CyD Leonesa

**Alberto Delgado**



- Barakaldo CF
- SD Amorebieta
- FK Senika (Slovakia)
- Real Aviles
- Cacereño
- Gimnástica de Torrelavega





# Coaching & Technical Staff

Julián Luque



- Racing de Santander
- Real Unión
- RCD Espanyol
- SønderjyskE (Denmark)
- Cultural Leonesa

José Picón



- Racing de Santander
- Atlético Baleares
- FC Cartagena
- AO Glyfadas (Greece)
- Barakaldo CF

José Moratón



- Racing de Santander  
(over 200 matches in First and Second Divisions)
- Salamanca

Mario Ortíz



- Racing de Santander
- Espanyol B
- Albacete Balompié
- Castellón
- Cultural Leonesa
- Córdoba
- Pontevedra

Luis Hoyos



- Head of Physical Conditioning, Educational Football – Real Racing Club

Trayectoria





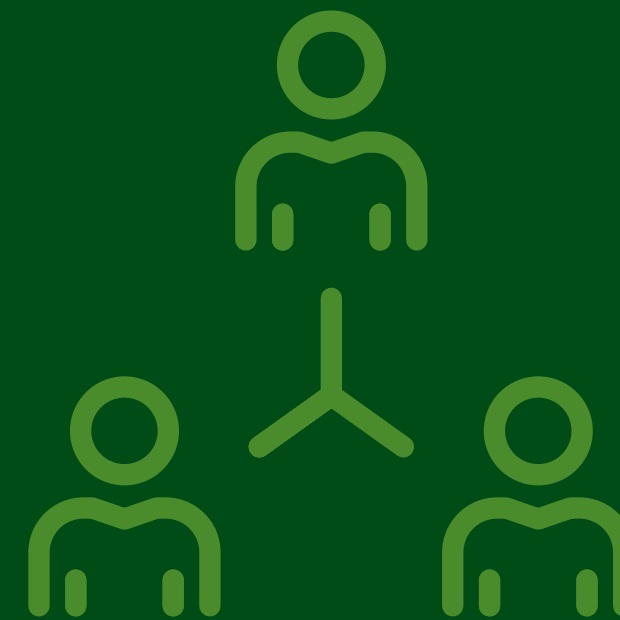
# Coaching & Technical Staff

## Program Supervisor and Coordinator



Javier "Vichu" Arce

## Sports Coordination and Management



Gonzalo Colsa

## Medical Staff



Rafael Sellés





**INTERNATIONAL PROGRAM**  
HIGH-PERFORMANCE

## **PROGRAM PRICE**

**ONE WEEK**

**1.200 €**

**MORE THAN ONE WEEK**

**-10% DTO.**

**REAL RACING CLUB**





## **DATES, LOCATION & CONTACT INFORMATION**

### **Dates:**

From June 16th to August 1st

### **Locations:**

- Real Racing Club Training Facilities
- FUTBOX – Individual Technical Academy



### **CONTACT:**

**Eduardo Bedia**

Head of International Area – Real Racing Club

[ebedia@realracingclub.es](mailto:ebedia@realracingclub.es)

+34 627 870 483

**Jose Picón**

CEO of FUTBOX

[futboxsantandersl@gmail.com](mailto:futboxsantandersl@gmail.com)

+34 679 663 188

[realracingclub.es/summer\\_camp](https://realracingclub.es/summer_camp)







**INTERNATIONAL PROGRAM**  
**HIGH-PERFORMANCE**

## REGISTRATION

You are one step away from joining  
our High Performance program.

**CLICK THE  
BUTTON  
AND ACCESS  
OUR FORM**

**SIGN UP NOW**



**REAL RACING CLUB**





# HIGH-PERFORMANCE INTERNATIONAL PROGRAM

REAL RACING CLUB