

## PERFORMANCE COACHES TEAM

We are an organization of highly qualified professionals in the field of sport of performance, with proven experience, who are focused on offering a wide range of sports services adjusted to the highest quality standards, aimed at both teams and people who are eager to obtain a good results in specific sports, aesthetic or health in the course of enjoying the wonderful experience of physical activity.

For more information write to

[info@performancecoachesteam.com](mailto:info@performancecoachesteam.com)

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OFFER OF PLACES. SEASON 2019

# TRAIN AND COMPETE IN

# Spain!!!



**PERFORMANCE  
COACHES  
TEAM**

*"The best community of coaches available to everyone"*

# SEVILLE - SPAIN

## LA CARTUJA ISLAND - SPORTS FACILITIES

Seville (<https://es.wikipedia.org/wiki/Sevilla>) is a municipality and a city of Spain, capital of the homonymous province and of the autonomous community of Andalusia. It has 689,434 inhabitants in 2017, making it the most populated city in Andalusia and the fourth in Spain, after Madrid, Barcelona and Valencia and the 32nd in the European Union. The municipality covers an area of 140.8 km<sup>2</sup>. The metropolitan area of Seville is composed of 46 municipalities, includes a population of 1,535,379 inhabitants (INE, 2016), and occupies an area of 4905.04 km<sup>2</sup>.

The neuralgic center of Sevillian sports is near the mythical Olympic Stadium, where "La Cartuja Sports Facilities" is located, offering an unbeatable range of sports services to its visitors, in the disciplines of Athletics, Rugby, Golf, Padel, among others.



The sports, cultural and touristic offer of the city is unbeatable, which together with its annual average temperature makes it the ideal destination to camp in the winter season, because you can train outdoors all year round.

The province has a total of 10 homologated tracks (<http://www.rfea.es/web/pistas/pistas.asp>) that ensure availability to train as well as the possibility of holding competitions without much displacement. Below you can see a table that indicates the maximum temperature in the province during the different months of a year (<https://es.climate-data.org/location/2933/>).

The city has an airport, as well as an excellent transport network that connects the entire province by train, metro, tram and an extensive network of air-conditioned buses.



	Enero	Febrero	Marzo	Abril	Mayo	Junio	Julio	Agosto	Septiembre	Octubre	Noviembre	Diciembre
Temperatura media (°C)	10.3	11.0	14.3	16.0	19.0	24.3	27.8	27.6	24.7	19.5	14.6	11
Temperatura min. (°C)	5.7	6.8	9	10.9	13.7	17.1	19.4	19.6	17.8	13.7	9.9	6.6
Temperatura máx. (°C)	14.9	17	19.6	22.0	26.1	31.6	36.2	35.7	31.8	25.4	19.3	15.4
Temperatura media (°F)	50.5	53.4	57.7	62.4	67.8	75.7	82.0	81.7	76.5	67.1	58.3	51.8
Temperatura min. (°F)	42.3	44.2	48.2	51.6	56.7	62.8	66.9	67.3	63.7	56.7	49.8	43.9
Temperatura máx. (°F)	58.8	62.6	67.3	73.2	79.0	88.7	97.2	96.3	89.2	77.7	66.7	59.7
Precipitación (mm)	76	73	66	53	34	14	1	3	18	69	87	82

# HUELVA - SPAIN

## PUNTA UMBRÍA

Punta Umbría ([https://es.wikipedia.org/wiki/Punta\\_Umbr%C3%ADa](https://es.wikipedia.org/wiki/Punta_Umbr%C3%ADa)) is a Spanish municipality of the province of Huelva, Andalusia. According to the INE, in 2016 it had a population of 15,053 inhabitants. Its surface area is 38 km<sup>2</sup> and has a density of 387.2 inhabitants / km<sup>2</sup>. Its geographical coordinates are 37 ° 10'N 6 ° 57'W. It is located at an altitude of 6 meters and 11 kilometers from the provincial capital, Huelva and 100 km from Seville.

The city has a wide tourist offer, in addition to having experience in sports tourism, as its beaches and pine forests allow the practice of hiking, cross-country races, canoeing, open water sports, among others, performing several competitions a year and receiving in winter delegations from several countries, until the mythical Jan Zelezny visited them in 2007.



The sports, cultural and touristic offer of the city is unbeatable, which together with its annual average temperature makes it the ideal destination to camp in the winter season, because you can train outdoors all year round.

The province has a total of 6 homologated tracks, including the city (<http://www.rfea.es/web/pistas/pistas.asp>) that ensure availability to train as well as the possibility of holding competitions without much displacement. Below you can see a table that indicates the maximum temperatures during the different months of a year (<https://es.climate-data.org/europe/espana/andaluca/punta-umbria-57151/#temperature-graph>).



	Enero	Febrero	Marzo	Abril	Mayo	Junio	Julio	Agosto	Septiembre	Octubre	Noviembre	Diciembre
Temperatura media (°C)	11	12.3	14	16.2	20.3	22	24.4	25.1	22.8	19.1	14.9	11.8
Temperatura min. (°C)	7.7	8.9	10.4	11.8	16.6	17.6	20.1	20.8	18.6	14.9	10.8	8.5
Temperatura máx. (°C)	14.4	15.7	17.7	20.6	24	28.4	28.8	29.4	27.1	23.4	19.1	15.2
Temperatura media (°F)	51.8	54.1	57.2	61.2	68.5	71.6	75.9	77.2	73.0	66.4	58.8	53.2
Temperatura min. (°F)	45.9	48.0	50.7	53.2	61.9	63.7	68.2	69.4	65.5	58.8	51.4	47.3
Temperatura máx. (°F)	57.9	60.3	63.9	69.1	75.2	79.5	83.8	84.9	80.8	74.1	66.4	59.4
Precipitación (mm)	61	52	58	37	27	10	1	1	20	60	74	70

# WHAT DOES OUR SERVICE COVER? EVERYTHING YOU NEED!

**CHOOSE THE SERVICES AND  
CONFIGURE YOUR TRAINING CAMP.. !!!**

Accommodation management  
Conventional diet  
Internal mobilization  
Sports facilities  
Specialist in sports training  
Nutritional analysis  
Fitness food  
Sports nutritional supplementation  
Physical evaluations  
Bodycomposition  
Comprehensive advice  
Travel insurance  
Sport massage  
Internal communication  
Competition management  
Babysitter / kangaroos  
Recreational tour  
and more...!

Soon we will arrange  
air tickets

Performance Coaches Team (PCT) offers travel packages or training camps according to your needs: you configure your trip and decide how to train it.

We cover from the professional public: high competition athletes that require the highest standards of conditions to achieve maximum results, such as the fitness public: those people who love fitness and who love sports tourism: knowing an interesting city optimizing their physical condition , either as a family or for organized groups.



# MAGNIFICENT, BUT NOW HOW DO I DESIGN MY TRAINING CAMP?

## 1 SET GOALS

Decide what you want to do with the trip: prepare for a major competition or simply a vacation with family or friends. This determines the cost to a large extent.

## 2 SELECT A DATE

If it is for a competition, it is advisable to make the trip and return just before its completion, because that is the benefit of the camps. If you want to do sports tourism, the date involves the cost of the season and the available tourist services.

## 3 THE SERVICES TO INCLUDE

Here the choice is very personal and depends on the level of demand you want to reach. You should also consider if you travel as a family or with a group of friends, if you want to compete, what type of accommodation you want to hire, etc.

## 4 FITS YOUR BUDGET

By having a clear idea of what you want, write to our e-mail: [info@performancecoachesteam.com](mailto:info@performancecoachesteam.com) with this information and contact us at / whatsapp: + 34-673161839 (Spanish time) to give you variants that involve modification of services and time of stay, among others.

## 5 PREPARE THE LUGGAGE. !!

Yes..!!!! When adjusting your objectives, the date, the services to use and your budget, all you have to do is prepare your luggage. PCT offers you the possibility of transferring in America (USA) or in Europe (Spain) to facilitate the process.

**CONTACT US ... !!!**



**+34-673161839**



**[info@performancecoachesteam.com](mailto:info@performancecoachesteam.com)**



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**[info@performancecoachesteam.com](mailto:info@performancecoachesteam.com)**

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