



# KAPTIVA SPORTS ACADEMY





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## WHAT IS KS ACADEMY?

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Kaptiva Sports Academy is an elite residential football academy located in Barcelona, Spain, that has been developing players since 2012.

The academy's main goal is to offer a top inclusive program to talented players from all over the world, helping them reach their full potential through a fully integrated football program.

We believe that training, studying and living in a foreign country is an invaluable experience that helps shape young men into not only better players, but also better people. The benefits of such an experience will be embedded positively into that individual.

**AGES: 12 – 17 YEARS OLD**





**"Winners don't wait for chances,  
they take them."**



# FAST

## METHODOLOGY

**F**OOTBALL **A**CADEMY **S**YSTEM **T**RAINING

**The F.A.S.T methodology has been developed over the years through Kaptiva Sports' successful industry experience within international youth football. It provides a 360° full immersion that creates accelerated thriving results.**

The team oversees the technical planning of every drill implemented on the field. Throughout the season, the methodology is divided into various customized long-term plans composed of specific practices to reach certain objectives within the chosen game model.

The program also places importance on educating our coaches in game analyzing software allowing them to create and digitalize their own drills.





# KSA COACHES & STAFF

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## FOOTBALL PROGRAM

- Head Coach
- U18 & U15 Coaches
- Goalkeeper Coach
- S&C Coach
- Medical Trainer

## PERSONAL DEVELOPMENT

- P.D. Director
- Residence Coordinator
- Day, Night, & Weekend Monitors

## INVISIBLE TRAINING

- Video-Analyst
- Mental Coaches
- Nutritionist







# FOOTBALL PROGRAM







# FOOTBALL PROGRAM

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**Elite  
Training**

**INDIVIDUALIZED  
TRAINING**



TECHNIQUE



POSITION



PHYSIQUE



**TEAM  
TRAINING**



TACTICS



VIDEO ANALYSIS



TEAM WORK





# FOOTBALL PROGRAM

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## VIDEO ANALYSIS

Using innovative technology, this tool allows players to visually understand their weaknesses and strengths. Giving a base to work on and improve on a daily basis, the videos are also used as a method to compare and demonstrate real level improvement.

## MASTERCLASSES

Former players, coaches, and sport professionals will offer our players an insight into the elite and high competitive sporting world.







# FOOTBALL PROGRAM

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## INVISIBLE TRAINING

### **SPORT NUTRITIONIST:**

Guidance through which our athletes will receive nutritional counseling and education on the importance on how food and nutrition impacts health and performance.

### **MENTAL COACH:**

Regular monitoring, instruction, and training of psychological skills for performance improvement.



## FOOTBALL REPORTS

The purpose of our reports is to evaluate all players' most relevant aspects such as; technical ability and skills, tactical awareness, physical aspects, and character traits.







## COMPETITION



**30**

**GAMES**

**3**

**GAMES**





## COMPETITION



2

TOURNAMENTS



2

FOOTBALL  
TOURS





# LA LIGA GAMES PLAYED











# STUDENT LIFE

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European  
International  
School  
of Barcelona



**EIS Barcelona and AESA Prep International offer a blended learning approach to education that combines online educational materials and opportunities for interaction online with traditional place-based classroom methods. In the E-Blended learning program, students will use the AESA PREP online course and attend classes in EISBarcelona facilities.**





# STUDENT LIFE

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**Blended learning program, students will attend class in EIS Barcelona facilities for 6 hours per day, Monday through Friday.**

This compacted schedule gives student athletes the time they need for daily training. We also understand that students will need to miss class for tournaments and competitions, and this program adapts to these needs.

**AESA Prep International is a SACS/AdvancedEd accredited and NCAA approved private college preparatory school offering online and blended learning programs for 9th through 12th grade.**

AESA provides elite scholars, athletes and artists a world-class academic education with the flexibility required to pursue their passion.





# A M E R I C A N



# C U R R I C U L U M

Year 12 > High School  
Year 11 > High School  
Year 10 > High School  
Year 9 > High School  
Year 8 > Middle School





## ACCOMMODATION

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Built exclusively for our academy, the student residence is the coexisting home of all our KSA Players. The residence will also be home for all KS Camp players during these 2-week experience. The residence is located in a safe environment to further develop players' journeys.

### WHAT'S INCLUDED

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- ✓ Double room
- ✓ In suite bathrooms
- ✓ 24/7 security staff
- ✓ Wifi
- ✓ Towels and sheets
- ✓ Laundry services
- ✓ All Meals
- ✓ Chill out areas





# BARCELONA RESIDENTIAL ACCOMMODATION







# WEEKLY SCHEDULE

## WEEKLY SCHEDULE EXAMPLE

WEEKLY SCHEDULE EXAMPLE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	7:45 H KSA Training	7:45 H KSA Training	7:45 H KSA Training	MORNING REST	7:45 H KSA Training		
	9:30 H BREAKFAST					10:00 H BREAKFAST	
	10:00 H - 14:00 H School					11:00 H Games & Competition	11:00 H - 13:00 H Strength & Conditioning (Optional)
Afternoon	14:00 H LUNCH						
	15:00 H - 16:00 H School					WEEKEND ACTIVITY	FREE
	16:00 H Physio	16:00 H SAT	FREE	FREE	16:00 H Physio		
	17:00 H Video Analysis			17:00 H Invisible Training (Mindfulness, nutritionist, stretching...)			
	18:15 H - 20:00 H Club Training	18:15 H - 20:00 H Team Building	18:15 H - 20:00 H Club Training		18:15 H - 20:00 H Club Training		
Night	20:00 H DINNER						
	22:00 H GOOD NIGHT						

\*Schedule subjected to changes that would be notified.





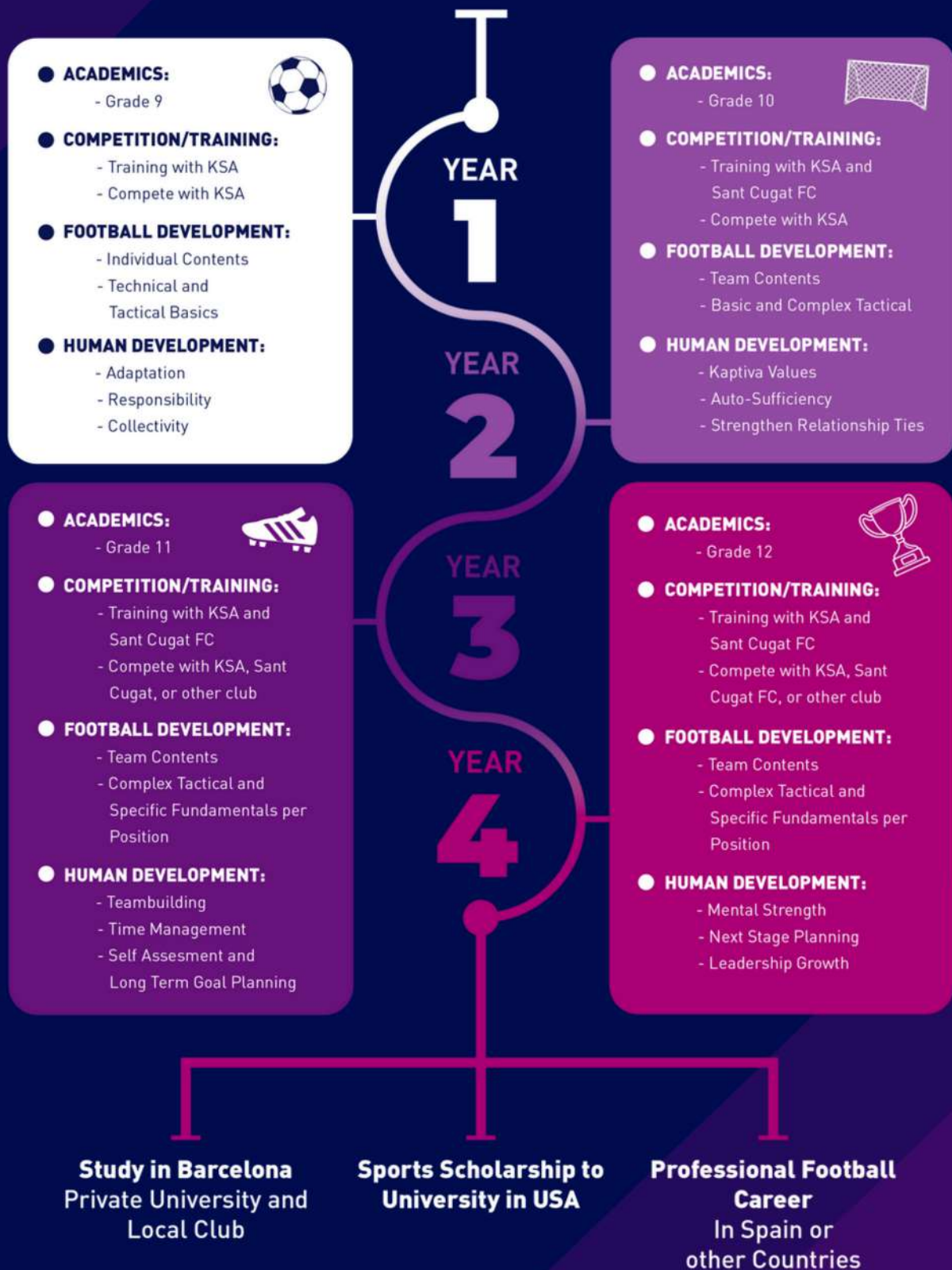
# FOOTBALL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Morning</b>	Elite Training Session 	Elite Training Session 	Elite Training Session 		Elite Training Session 	Games & Competition 
<b>Morning</b>	Club Training Session 	Invisible Training Session 		Club Training Session 	Club Training Session 	
<b>Extra soccer activities</b>	National Clinic, International Clinic, Tournaments, etc. 					





# KSA PLAYER'S JOURNEY











## SPAIN EXPERIENCE

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**Some players dream about playing in the perfect place, and some live it. Barcelona has for years used their perfect locations and weather to not only allow players to train yearlong but be part of the center of the football world within Europe.**

A football environment without limits leads to uniting players from all different nationalities with their common passion to live and breathe football. With players from all over the world and its own rich football history, the Spanish places have become some of the world's major football hub cities.

**Teams, brands, and organizations have used these cities as their backdrop, giving local players a wide range of opportunities not found in many other places in the world.**

With exclusive events, the world's top youth tournaments and its prestigious high-level competitions, Spain has proven time after time to produce top world class footballers competing in the renowned La Liga and UEFA Champions League. Barcelona has and will remain the places to be for aspiring footballers.









# ADMISSION PROCESS

STEP ONE

## 1. Contact

We enroll a limited number of athletes every season, so we encourage interested student-athletes to submit an application as early as possible. Please, set a callback request and we will contact you as soon as possible to start the process.

## 2. Trial

All candidates must participate in a trial or one-week program by Kaptiva Sports Academy. During this time, the technical staff will be analysing the player's technical level during the organised training sessions and matches. Attitude, commitment, and passion for the game are also considered important components of prospective Kaptiva Sports Academy players.

STEP TWO

STEP THREE

## 3. Enrollment

Notification of admission decision will be communicated with the candidate within the next 48 hours after the trial is computed. If offered admission to Kaptiva Sports Academy, a Services Agreement (SA) will be sent and must be filled out by the date indicated, together with the required financial deposit.









## FEES

### 10 MONTHS

FOOTBALL PROGRAM

**43.995€**

SEPTEMBER – JUNE

**12-17 YEARS OLD**

- ✓ Full season
- ✓ Education
- ✓ Accommodation

### 6 MONTHS

FOOTBALL PROGRAM

**31.995€**

JANUARY – JUNE

**12-17 YEARS OLD**

- ✓ Half season
- ✓ Education
- ✓ Accommodation

### 1 WEEK

FOOTBALL  
TRIAL

**995€**

SEPTEMBER  
- JUNE

**12-17 YEARS OLD**

- ✓ Football trial
- ✓ School test
- ✓ Accommodation

### SIBLING DISCOUNT:

KSA offers a 5% discount for the second sibling registered. Both siblings must be activated participants in KSA program in order to apply for the discount (application form and terms available under request).





## WHAT'S INCLUDED?

FOOTBALL PROGRAM	10M	6M	1W
Three to four club training days per week	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Position focused training sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Full season competition games	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
One on one follow up sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Player progress reports	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weekly video analysis sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Stress and medical test upon arrival	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Pre-season training program	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Physiotherapist sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weekly sports psychologist sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Sport nutrition guidance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Masterclasses	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Participation in reputed tournaments	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
National Training Clinic with pro team within Spain	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
International Training Clinic with a pro team within Europe	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Full training kit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Full clothing equipment kit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	





## WHAT'S INCLUDED?

RESIDENCE	10M	6M	1W
Accommodation in ensuite double room in living residence	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
All meals and snacks	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Room cleaning service	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Laundry Services	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cultural Activities	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
All transportation to KSA games, tournaments or activities	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Welcome Pack	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
24/7 supervision	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Full medical insurance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Visa application assistance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Airport transfers on program specified dates	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

ACADEMICS	10M	6M	1W
Tuition to AESA Prep International	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	





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