

LEARN FROM THE PROS, IN PARADISE.

# More Than Camps Beach Volleyball

MARCH 28<sup>th</sup> - APRIL 3<sup>rd</sup>

# 2026



# About Us

**More Than Camps combine elite training, world class experiences and an empowering environment in some of the most stunning locations on earth - starting in Tenerife, Spain.**

**Here, athletes don't just learn the game - they experience what it's like to train, think, and grow like the pros, while building lifelong confidence and friendships that go far beyond the court.**

*'It was definitely a success. My children loved it and enjoyed themselves immensely. I would definitely do it again. The instructors were lovely and very attentive to them. They had fun and learned a lot, a perfect combination. Thank you all for such a special weekend.'*

*- Tenerife Camp Parent, Oct 2025.*



# The Experience



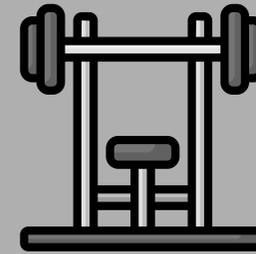
**RESIDENTIAL  
CAMP**



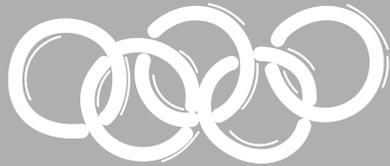
**ALL INCLUSIVE  
FOOD/ACCOMMODATION/GEAR**



**20+ HOURS  
BEACH VOLLEY**



**GYM SESSIONS ON SITE**



**EXPERIENCE WITH  
OLYMPIAN**



**CULTURAL/OUTDOOR  
IMMERSION**



**FILM REVIEW**



**FUTURE PATHWAY EDUCATION**



**PHOTOGRAPY &  
VIDEOGRAPHY**



**WORKSHOPS**



**RECOVERY FACILITIES**



**AIRPORT TRANSFERS**

# Life on Camp



MORE THAN  
CAMPS

## Example Daily Schedule

**7:30-8:00**

**Morning Movement & Mindset**

**8:00-8:45**

**Breakfast**

**9:00-11:30**

**Beach Volleyball Session**

**11:30-12:00**

**Recovery & Hydration**

**12:00-1:00**

**Lunch**

**1:00-2:30**

**Volleyball Workshop**

**2:30-5:00**

**Cultural Experience**

**5:00-6:00**

**Beach Volleyball Session**

**7:00**

**Dinner**

**8:00-9:00**

**Optional Evening Activity**

# Cultural & Adventure Activities

Throughout our 7-day camps, we aim to include 2-3 cultural or off-site activities, depending on availability. These activities give athletes a chance to explore Tenerife, have fun, and enjoy new experiences alongside their training.

Eat Typical Spanish/Canarian Foods at Local Restaurant



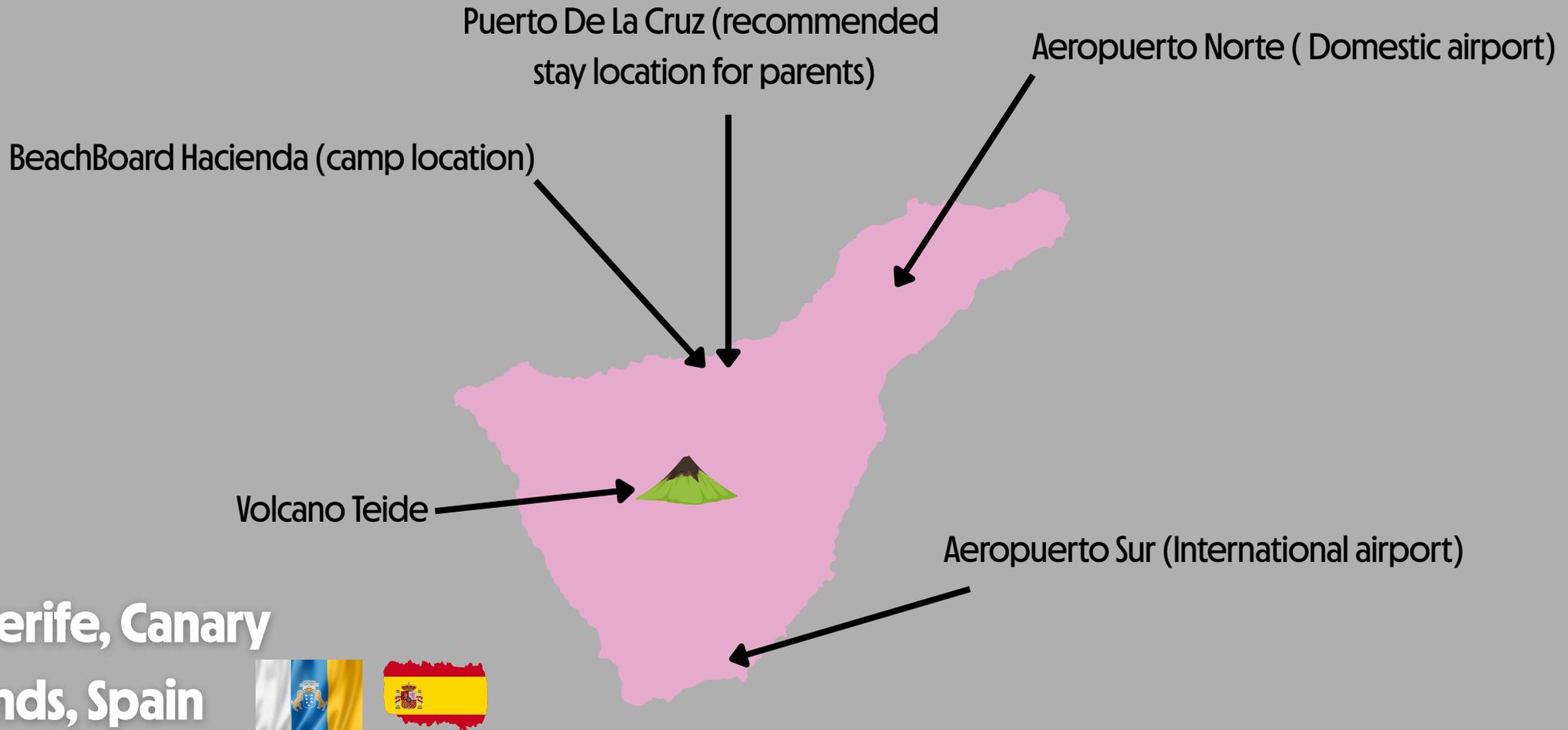
Trip to Teide National Park



Volcanic Sand Beach Surfing Lessons



# Island Info



## Tenerife, Canary Islands, Spain



Tenerife, part of Spain's Canary Islands, is one of Europe's most popular year-round training & holiday destinations. Known for its warm climate, beautiful coastline, and excellent sporting infrastructure, Tenerife provides an ideal environment for athlete development & outdoor training.

# Airports & Travel Planning



**Tenerife has two airports:**

**Tenerife South Airport (TFS) – Recommended**

- International airport
- Best option for travel from the UK, Europe, and long-haul destinations

**Tenerife North Airport (TFN)**

- Domestic airport
- Connections through mainland Spain

**📍 Please note:**

BeachBoard Hacienda is located in the north of Tenerife. Travel time from Tenerife South Airport to the north of the island is approximately 1 hour by car.

**IMPORTANT: AFTER BOOKING YOUR FLIGHTS, PLEASE EMAIL US YOUR ARRIVAL TIME, EVEN IF YOU DO NOT REQUIRE AIRPORT TRANSFER. THIS HELPS US PLAN THE SCHEDULE FOR SATURDAY EFFECTIVELY.**

# Airport Transfers

## Airport pick-ups take place on Saturday 28th March

- Pick-ups are available from both TFS & TFN
- Airport Transfer are for the Athlete & 1 Parent (parent transfer subject to availability)

## Early Arrivals (Friday 27th)

- Airport pick-up may be available if required
- Accommodation & supervision are not provided for arrivals on the 27th
- Parents are responsible for overnight accommodation & care

## Departure Transfers

- **Wednesday 1st April, or**
- **Friday 3rd April, depending on your athlete's camp finish date**



# Airport Transfers

## Parents are responsible for:

- Booking flights
- Ensuring correct arrival and departure dates
- Arranging appropriate travel insurance (optional, but recommended).
- Ensuring athletes have valid passports & visas (if required)

## If your athlete's flight is delayed:

- Please inform the camp team immediately
- We will do our best to support where possible

*More Than Camps is not responsible for missed flights, airline delays, cancellations, or schedule changes.*



# Facilities

- Pro Beach Volleyball Courts (sand imported from Portugal)
- Comfortable sleeping cabins on site
- Swimming Pool
- Outdoor Gym
- Athlete-friendly meals prepared on site
- Recovery & Rest Areas
- Unlimited snacks & drinks
- Laundry
- WiFi Internet
- Study zones



Outdoor Gym

Beach Volleyball Courts

Sleeping Cabins

Chill Out Areas

On Site Pool

On Site Dining







# Optional Add-Ons

**Enhance your camp experience with our optional add-ons, including:**

- Highlights film package
- USA Pathways Facilitation
- 12-week individualized Strength & Conditioning program
- Mentorship program

*If you'd like more information, please reach out—we're happy to share details. Post-camp, we will also send all participants information on how to access these add-ons.*



# Packing List:

## Beach Volleyball & Training Essentials:

- Training clothes (1 x training shirt provided)
- Sweatshirt or light jacket for cooler mornings/evenings
- Refillable water bottle
- Sunglasses & hat or cap for sun protection
- Towel
- Swimmers for recovery

## Personal Items:

- Sunscreen (high SPF recommended)
- Any required medication (clearly labelled)
- Small personal first aid items (if needed)
- Changes of clothes
- Toiletries
- Laundry Wash Bag
- Personal snacks (if desired)
- Backpack or small day bag
- Passport
- Travel insurance details

***More Than Camps is not responsible for lost or damaged personal items, so we recommend clearly labelling all belongings.***



# Parent Information

## Parent Day Pass

- **Cost: €50 per day (pay on day)**
- **Includes:**
  - **Unlimited drinks and snacks**
  - **Access to a meal**
  - **Use of pool and chill-out zones**

## Short Visits

Parents are welcome to pop by for a short period if preferred.

*Short visits are restricted to designated visitor zones.*



# Head Coach & Founder

## Phoebe Bell

- **Former Australian National Team Athlete Beach & Indoor Volleyball**
- **Nike Summer Camps Volleyball Director & Head Coach**
- **Youth Olympian**
- **30+ Pro Beach Tour Events**
- **NCAA DI Athlete (USA College)**

### Our Coaching Team:

Athletes are coached by an experienced, professional team with extensive playing and coaching backgrounds. Our coaches are selected not only for their technical expertise, but for their ability to support young athletes in a positive, structured, & inspiring environment.



# Travel Insurance

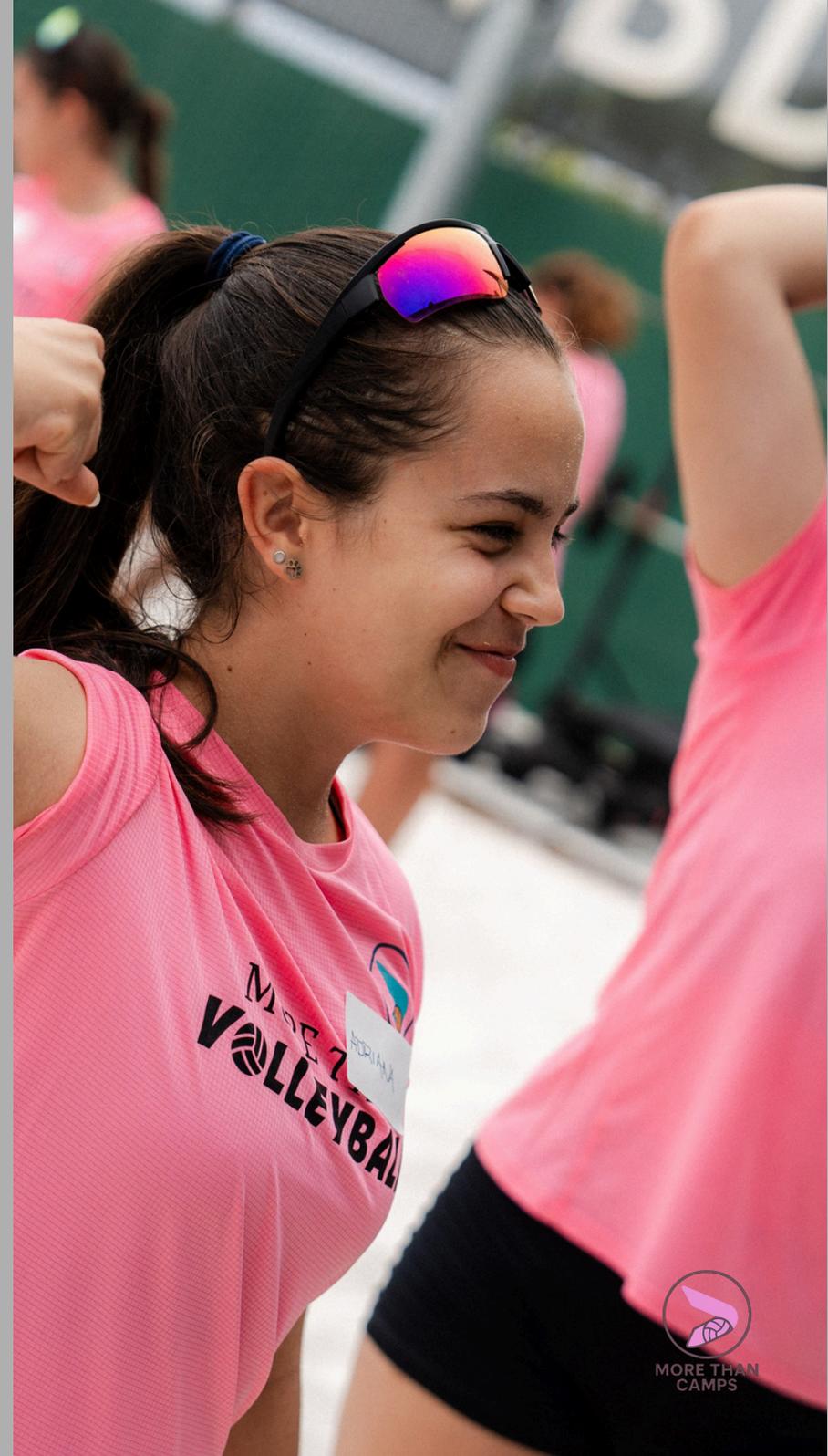
**More Than Camps holds camp and public liability insurance covering all scheduled camp activities, sessions, and supervised programming delivered by our coaching staff.**

**This insurance applies only while athletes are participating in official camp activities.**

## **Travel & Health Insurance (Parent Responsibility)**

**All athletes are recommended to have valid personal travel and health insurance for the duration of their stay in Tenerife.**

***For those athlete who have a EHIC card - please bring a copy of it to the camp.***



# First Aid

First aid will be administered by trained staff if required. If further medical attention is needed, appropriate local medical services will be contacted, and parents/guardians will be informed promptly.

Any medical costs incurred outside of camp insurance coverage will be the responsibility of the parent/guardian and managed through the athlete's personal travel insurance (highly recommended).

## Medication:

Athletes traveling with medication must ensure it is:

- Clearly labelled
- Declared on the Athlete Information Form
- Carried with instructions if required



# Child Welfare & Safeguarding



**More Than Camps is committed to providing a safe, supportive, and inclusive environment for all athletes. We adhere to best-practice child welfare and safeguarding principles, including:**

- **Supervision by experienced and responsible coaching staff**
- **Clear boundaries between staff and athletes**
- **Zero tolerance for bullying, harassment, or inappropriate behaviour**
- **Respect for athlete wellbeing, dignity, and privacy**
- **All activities take place in designated, supervised environments, and athletes are expected to follow camp rules and staff instructions at all times.**
- **Any concerns relating to athlete welfare will be taken seriously and addressed promptly by camp leadership.**

***For further information please see our website that contains our Safeguarding policy.***



# Athlete Conduct

## **Athletes are expected to:**

- Treat teammates, coaches, and staff with respect
- Follow safety instructions at all times
- Behave appropriately on and off the court

**More Than Camps reserves the right to address behavioral issues in the best interest of athlete safety and group wellbeing.**

***For further information please see our website that contains our Safeguarding policy featuring Athlete Code of Conduct.***



# Camp Contact

For Any Questions or Concerns  
please contact Camp Director &  
Head Coach Phoebe Bell.

PHONE: +61466578364 (WhatsApp)

EMAIL:

[phoebe@mentorshipofchamps.com](mailto:phoebe@mentorshipofchamps.com)

