



**MORE THAN
CAMPS**

FALL CAMP 11th - 16th October (5 nights, 6 days)

In partnership with



MORE THAN CAMPS 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)

 [@phoebeebell](https://www.instagram.com/phoebeebell)

 [LinkedIn](#)



HIGH PERFORMANCE VOLLEYBALL & MENTORSHIP CAMP EXPERIENCE

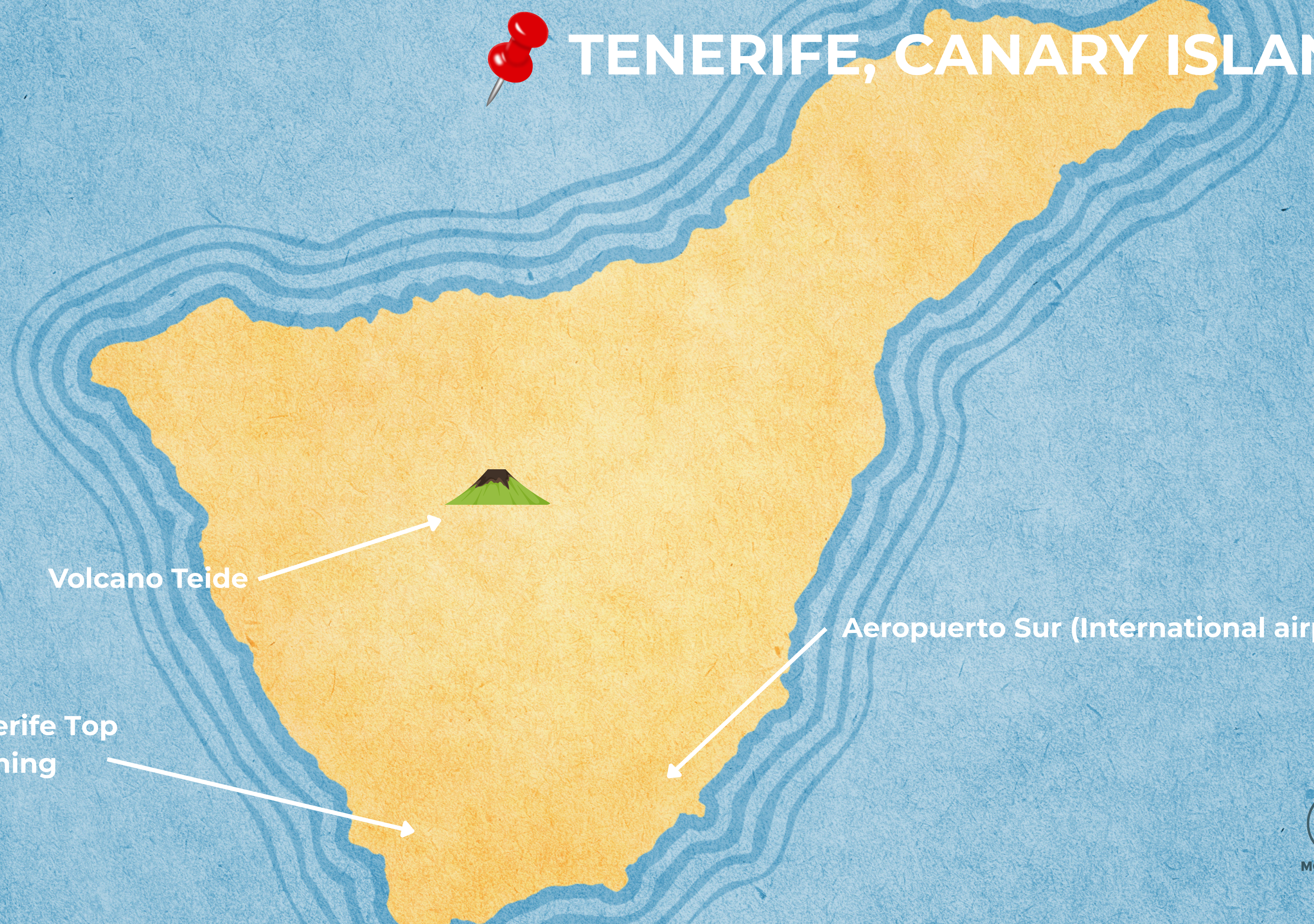
MORE THAN CAMPS PREMIUM SPORTS CAMPS ARE FULLY MANAGED, ALL-INCLUSIVE PROGRAMMES THAT DELIVER HIGH-QUALITY VOLLEYBALL, MINDSET/LEADERSHIP WORKSHOPS, AND CULTURAL EXPERIENCES.

EACH CAMP OFFERS A SAFE, STRUCTURED, AND INSPIRING ENVIRONMENT WHERE ATHLETES DEVELOP BOTH ATHLETIC PERFORMANCE AND ESSENTIAL LIFE SKILLS.

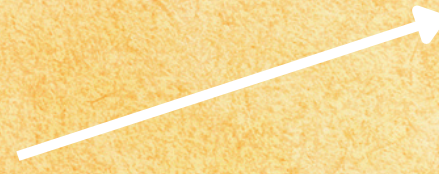




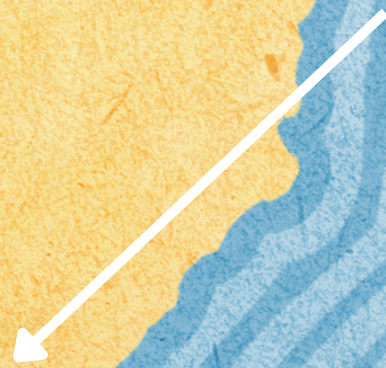
TENERIFE, CANARY ISLANDS



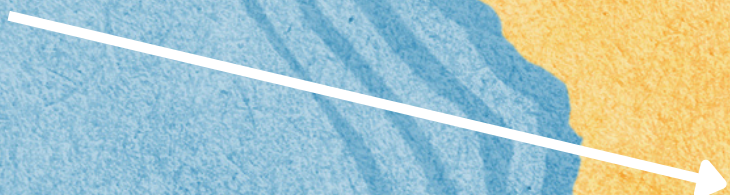
Volcano Teide



Aeropuerto Sur (International airport)



Tenerife Top Training



MORE THAN CAMPS

TENERIFE TOP TRAINING

TENERIFE TOP TRAINING IS ONE OF **EUROPE'S LEADING HIGH-PERFORMANCE SPORTS FACILITIES**, LOCATED IN A UNIQUE YEAR-ROUND TRAINING ENVIRONMENT IN TENERIFE, SPAIN. THE CENTRE OFFERS **WORLD-CLASS FACILITIES ACROSS MULTI-SPORTS**.



STAY LOCATION - TENERIFE RESIDENCE

**PLEASE NOTE THESE ARE RENDER IMAGES AS CONSTRUCTION IS FINISHING SHORTLY*



RESIDENCE



STUDY ZONE



ROOMS - DOUBLE



ROOMS - TRIPLE



ROOMS - QUAD

**GYM - RESIDENCE *PLEASE NOTE T3 HAS
OTHER GYM FACILTIES**



OUTSIDE AREA & RECOVERY ZONE

GAMES AREA

***PLEASE NOTE THERE IS A BUFFET DINING & CONFERENCE ROOM ON SITE ALSO.**



VOLLEYBALL FACILITIES



GYM FACILITIES



MORE THAN CAMPS

OUR TEAM



PHOEBE BELL

CAMP DIRECTOR | FOUNDER OF MORE THAN CAMPS & MORE THAN VOLLEY | HEAD OF SAFEGUARDING & ATHLETE WELFARE



TOMAS COSTA

ASSISTANT CAMP DIRECTOR | ASSISTANT HEAD OF SAFEGUARDING



VALENTINA CAPEZZONE

OPERATIONS & ATHLETE EXPERIENCE LEAD

COACHING TEAM:

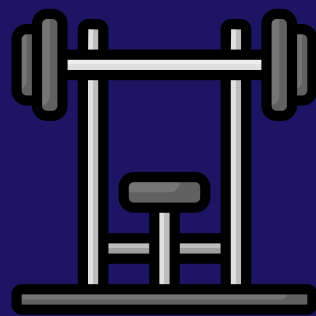
ADDITIONAL COACHING STAFF WILL INCLUDE A SELECTED TEAM OF **EXPERIENCED PROFESSIONAL COACHES, OLYMPIC-LEVEL AND PROFESSIONAL ATHLETES, AND HIGH-PERFORMANCE MENTORS** WHO ALIGN WITH THE VALUES AND STANDARDS OF MORE THAN CAMPS.



THE EXPERIENCE (RESIDENTIAL)



ELITE
VOLLEYBALL
COACHING



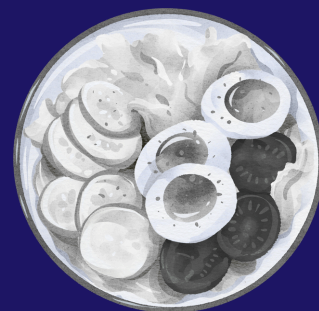
GYM SESSIONS
ON SITE



EXCLUSIVE SESSION
WITH OLYMPIAN



OPPORTUNITY TO WATCH
PRO TEAM PRACTICE



BUFFET DINING



CURATED
CULTURAL
EXPERIENCES



ELITE PERFORMANCE
ANALYSIS



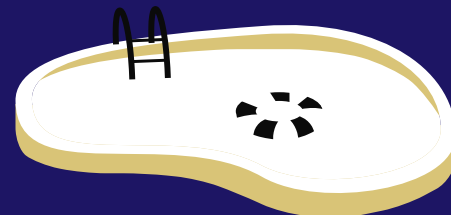
PRIVATE AIRPORT
TRANSFERS (PLEASE
PROVIDE FLIGHT DETAILS)



PROFESSIONAL
PHOTOGRAPY



SPORTS
DEVELOPMENT/
LEADERSHIP
WORKSHOPS



RECOVERY
& WELLNESS SESSIONS



FULLY INCLUSIVE
ELITE ATHLETE
EXPERIENCE



SESSION WITH OLYMPIAN

ATHLETES WILL HAVE THE UNIQUE OPPORTUNITY TO PARTICIPATE IN AN **EXCLUSIVE Q&A SESSION WITH AN OLYMPIAN**, GIVING THEM INSIGHT INTO THE MINDSET, JOURNEY, AND EXPERIENCES OF AN OLYMPIAN.

THIS SESSION ALLOWS ATHLETES TO:

- ASK QUESTIONS DIRECTLY TO AN OLYMPIC ATHLETE
- LEARN ABOUT ELITE PERFORMANCE AND INTERNATIONAL COMPETITION
- GAIN INSPIRATION, CONFIDENCE, AND VALUABLE ADVICE FROM A WORLD-CLASS ATHLETE
- A RARE AND MEMORABLE EXPERIENCE DESIGNED TO INSPIRE THE NEXT GENERATION OF ATHLETES.



ANASTASIJA SAMOILOVA
- 2x Beach Volleyball Olympian &
Current World Champion



MORE THAN
CAMPS

RESIDENTIAL CAMP

RESIDENTIAL CAMP (5 NIGHTS / 6 DAYS) - 1800 EUROS

ALL-INCLUSIVE (EXCLUDING FLIGHTS)

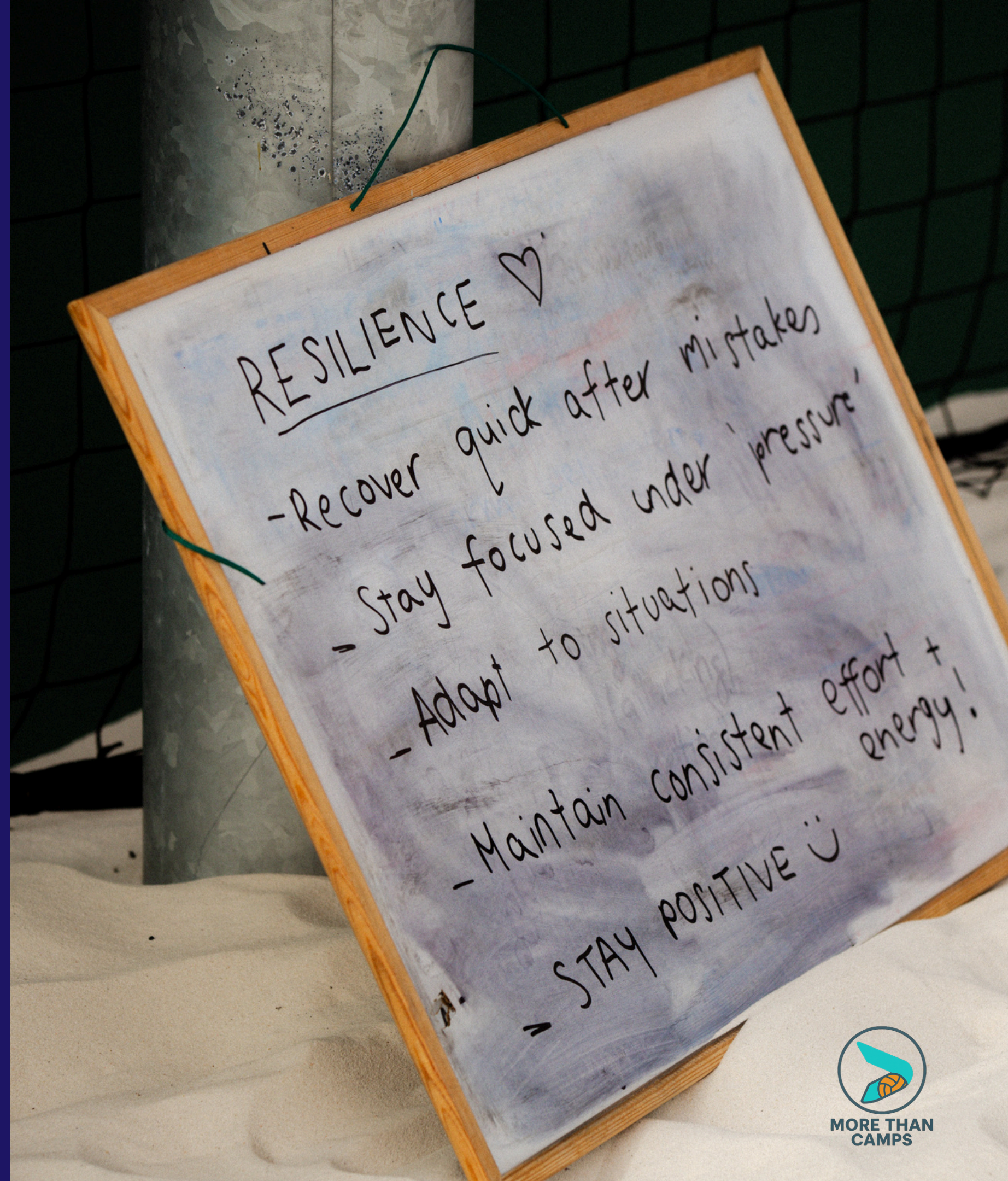
- 5 NIGHTS / 6 DAYS FULL IMMERSION CAMP EXPERIENCE
- ACCOMMODATION INCLUDED (RESIDENTIAL, FULLY SUPERVISED AND SAFEGUARDED AT ALL TIMES)
- ATHLETES ARE LOOKED AFTER 24/7 BY QUALIFIED STAFF AND COACHES
- NUTRITIOUS, PERFORMANCE-FOCUSED MEALS PROVIDED DAILY
- DAILY VOLLEYBALL TRAINING SESSIONS
- PERFORMANCE & LEADERSHIP WORKSHOPS
- CHAT WITH OLYMPIAN
- STRUCTURED CAMP ACTIVITIES AND RECOVERY SESSIONS
- FULL IMMERSION IN HIGH-PERFORMANCE ENVIRONMENT WITH LIKE-MINDED ATHLETES
- FOCUS ON SKILL DEVELOPMENT, CONFIDENCE, LEADERSHIP, AND UNDERSTANDING ELITE PERFORMANCE HABITS



DAY CAMP

DAY CAMP APPROX - 9AM - 4PM (6 DAYS) - 1200 EUROS
LUNCH INCLUDED

- DAILY STRUCTURED CAMP EXPERIENCE (NO OVERNIGHT STAY)
- DROP-OFF AND PICK-UP EACH DAY BY PARENTS/GUARDIANS
- INCLUDES ALL TRAINING SESSIONS AND WORKSHOPS
- LUNCH PROVIDED DAILY
- EXCLUSIVE OF AIRPORT PICK UPS, BREAKFAST, DINNER, ACCOMMODATION AND EVENING ACTIVITIES



BOOKING POLICY

DUE TO SCHOOL HOLIDAY CALENDARS NOT ALIGNING ACROSS EUROPEAN REGIONS THIS MAY RESULT IN SMALLER CAMP SIZES. FOR US THIS IS A PREFERENCE AS IT ALLOWS FOR MORE INDIVIDUAL ATTENTION AND HIGHER-QUALITY COACHING.

WE AIM TO ENSURE EVERY ATHLETE GETS MAXIMUM VALUE FROM THE EXPERIENCE, INCLUDING:

- INDIVIDUAL TECHNICAL FEEDBACK
- STRONG MENTORSHIP AND PERSONAL DEVELOPMENT
- MORE REPETITIONS AND LEARNING OPPORTUNITIES

MINIMUM NUMBERS

A MINIMUM OF 4 ATHLETES IS REQUIRED FOR A CAMP WEEK TO PROCEED.

CONFIRMATION

ON 15TH SEPTEMBER, WE WILL CONFIRM FINAL NUMBERS AND WHETHER THE CAMP WILL GO AHEAD. UPDATES MAY BE SHARED PRIOR TO THIS DATE WHERE POSSIBLE.

REFUNDS

IF A CAMP WEEK DOES NOT PROCEED DUE TO INSUFFICIENT NUMBERS, FULL REFUNDS WILL BE ISSUED TO ALL REGISTERED FAMILIES.



EXAMPLE DAILY SCHEDULE

EXAMPLE DAILY SCHEDULE (RESIDENTIAL)

- **07:30** – BREAKFAST
- **09:00** – TRAINING SESSION 1 (TECHNICAL / SKILL DEVELOPMENT)
- **11:00** – RECOVERY / SNACK / MOBILITY
- **11:30** – PERFORMANCE WORKSHOP/CHAT WITH OLYMPIAN (MINDSET / LEADERSHIP)
- **13:00** – LUNCH
- **14:30** – TRAINING SESSION 2 (GAME-BASED / TACTICAL)
- **16:30** – RECOVERY / FREE TIME / TEAM ACTIVITIES
- **18:30** – DINNER
- **19:30** – EVENING ACTIVITIES
- **21:30** – WIND DOWN / REST



SAFEGAURDING

SAFEGUARDING IS A TOP PRIORITY.

WE ARE COMMITTED TO CREATING A SAFE, INCLUSIVE, AND SUPPORTIVE ENVIRONMENT FOR ALL ATHLETES, WITH CLEAR CODES OF CONDUCT, APPROPRIATE SUPERVISION, AND A STRONG FOCUS ON ATHLETE WELL-BEING BOTH ON AND OFF THE COURT.



CONTACT

ANY QUESTIONS?

Please contact phoebe@mentorshipofchamps.com





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Testimonials

I LOVED Phoebe and Tomas. They were both so inspiring to my students. I could see some of the students really start to think that Volleyball could be a future for them. Phoebe and Tomas pitched the skill level perfectly for these students and also worked with individuals on their individual goals. I was so impressed with how much they invested into each student and helped everyone improve their skills as well as helped me as a coach to improve my coaching skills. - **MORE THAN CAMPS TEACHER**

I liked everything, especially the organization. Yes, I would repeat if there are more. Nothing to improve, everything was perfect. - **MORE THAN CAMPS ATHLETE**

I enjoyed the amount of volleyball that we played. I got a lot of touches on the volleyball which helped improve my technique. - **MORE THAN CAMPS ATHLETE**

I really like this campus, the trainers, the organization, the exercises, the place, and all the people in general. This campus has a really good vibe and I learnt a lot in this 5 days. Thanks for all. - **MORE THAN CAMPS ATHLETE**

I've was really comfortable I think it was perfect. I don't think you have to improve on something. Keep doing camps like this please! It's perfect for people that are trying to improve and also for people that are just trying to have fun. - **MORE THAN CAMPS ATHLETE**

I really like this campus, the trainers, the organization, the exercises, the place, and all the people in general. This campus has a really good vibe and I learnt a lot in this 5 days. Thanks for all. - **MORE THAN CAMPS ATHLETE**

The best part was learning and building relationships with others. Only very good words, my daughter had a great time, learned, and discovered beach volleyball for the first time. - **MORE THAN CAMPS PARENT**

