



# 2017 Summer Camp

*Summer camp 2017 from 17/06 to 24/06 \**

*7 days training all inclusive in a good environment close to Paris*

## Training Time

After a full medical and fitness assessment during the first day, you will follow 6 days of high quality trainings, under the supervision of the strength and conditioning Coach Nicolas Charton.

The trainings will be **based on your results** during the tests and on **your specific needs**, requests. To guarantee a high quality of work, we provide for each camp a ratio of maximum 3/4 athletes for 1 strength and conditioning coach.

## Day 1

**TMG complete muscle diagnostics** with the company *TMG Body Evolution* who worked already with the best European club like Fc Barcelone, Real Madrid, Chelsea, Manchester united etc... Make a full evaluation of the contractile property of different lower body muscles and compare the result between the right and the left leg.

“Symmetrical and synchronized muscle function is essential prerequisite for optimal performance. TMG™ Training Optimisation clearly identifies muscle pair asymmetry and asynchronous action in the kinetic chain” (TMG Body Evolution).

**Isocinetic test** under the supervision of the doctor Jean-Marcel Ferret, in order to measure the strength of muscles that govern the movements of the knee joint and of the ankle joint, and compare the results in order to quantify the deficit as a percentage between the two sides.

**Medical assessment** with Doctor Jean-Marcel Ferret

**Osteopathy** session 1 with Mouloud Dorgham

**Nutritional assessment** + nutrition strategy + fat and lean mass assessment with Doctor Benjamin Bouillet

**Dynamic movement test** and analysis with postural tests and optojump tests

**Maximal aerobic speed test** to evaluate your endurance capacity and your recovery after a maximal effort.



Morning and afternoon sessions under the supervision of the strength and conditioning coaches

Therapy session at the end of the day with our physiotherapist

**Day 2**

Morning and afternoon sessions under the supervision of the strength and conditioning coaches

Therapy session at the end of the day with our physiotherapist

**Day 3**

Training in the morning + free afternoon and evening in Paris or around.

**Day 4**

Morning and afternoon sessions under the supervision of the strength and conditioning coaches

Therapy session at the end of the day with our physiotherapist

**Day 5**

Morning and afternoon sessions under the supervision of the strength and conditioning coaches

Osteopathy session 2 with Mouloud Dorgham at the end of the day

Special dinner for the last day. Debriefing of the week and submitting of the individual report from the medical, fitness tests and the trainings.

**Day 6**

Morning session under the supervision of the strength and conditioning coaches + end of the camp

**Day 7**

## What else?

### Lodging

Arrangements for lodging are covered by *Fit The Ground* during the time of camp. You will stay during the camp in nice and comfortable apartments.

### How to move during your free time?

Any need during the week? Don't worry our driver will be here to help you about any of your requests which will help you to feel free and train better.

### Food

All the foods (breakfast, lunch and dinner) will be under the supervision of our sport nutritionist, Doctor Benjamin Bouillet.

### \* Extra Time

You want to stay longer with us? You feel that you will need more than one week training before starting the season with your club?

No problem you can extend your stay with *Fit The Ground* and we will fix a special schedule for you.

