



EVERYTHING IS POSSIBLE.

SQUASH CAMP

by the “Dream Team”

**JULY 13TH UNTIL 20TH, 2020
HAMBURG, GERMANY**



**CHAMPIONS
FACTORY**

SQUASH CAMP PROGRAM

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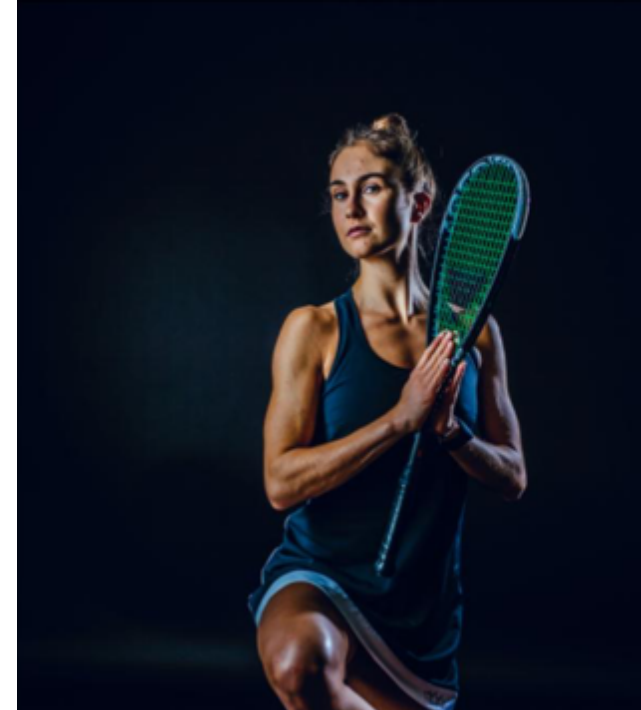
CHAMPIONS
FACTORY



PAUL COLL (WR #5)

SUMMARY

- Full 7 day professional squash camp led by PSA player Nilo Vidal
- July 13th until 20th, 2020 at International Squash Club Sportwerk with 15 squash courts, 1 full glass court, fitness and spa facilities
- Including:
 - Squash pro masterclass by Paul Coll (WR #5) and Nele Gilis (WR #18)
 - Mental skills workshop by Bart Wijnhoven (mental coach & founder CF)
 - Fitness training by Pieter Wijnhoven (pro triathlete & performance coach)
- Accommodation: luxury hotel Lindner Park-Hotel Hagenbeck****
- Breakfast at hotel, lunch & diner at famous restaurant InnerLuck
- Amazing venue: city of Hamburg has a historic city center & architectural highlights



INTRODUCTION

- We are a group of Champions following our passion and simply do what we love.
- Everything is possible!

Goal of the squash camp:

“BE THE BEST YOU CAN BE”!



**CHAMPIONS
FACTORY**



EVERYTHING IS POSSIBLE.

TEAM

CAMP LEADER: **NILO VIDAL**

ORGANIZER: **BART WIJNHOFEN**

SPECIAL CONTRIBUTIONS:

- SQUASH PRO MASTERCLASS:
PAUL COLL & NELE GILIS
- MENTAL SKILLS WORKSHOP:
BART WIJNHOFEN
- FITNESS TRAINING:
PIETER WIJNHOFEN

NILO VIDAL

- CAMP LEADER
- PSA PLAYER (WR #273)
- FORMER SPANISH JUNIOR CHAMPION
- FORMER EUROPEAN JUNIOR RUNNER-UP WITH SPAIN
- 5 YEARS OF EXPERIENCE IN LEADING SQUASH CAMPS GLOBALLY
- SQUASH COACH
- MULTIMEDIA ENGINEERING STUDENT





BART WIJNHOFEN

- CAMP ORGANIZER &
MENTAL SKILLS WORKSHOP
- MANAGING DIRECTOR SPORTWERK
- FOUNDER CHAMPIONS FACTORY
- 10 YEARS OF EXPERIENCE IN
ORGANIZING PSA TOURNAMENT
AND SQUASH CAMPS
- MENTAL COACH OF PAUL COLL AND
NELE GILIS

PAUL COLL

- SQUASH PRO MASTERCLASS
- FULL TIME SQUASH PRO
- PSA WORLD RANKING #5
- RUNNER UP AT WORLD CHAMPIONS 2019
- CAPTAIN OF NEW ZEALAND NATIONAL SQUASH TEAM





NELE GILIS

- SQUASH PRO MASTERCLASS
- FULL TIME SQUASH PRO
- PSA WORLD RANKING #18
- EUROPEAN CHAMPION 2019
- CAPTAIN OF BELGIUM NATIONAL SQUASH TEAM

PIETER WIJNHOFEN

- FITNESS TRAINING
- CO-FOUNDER CHAMPIONS FACTORY
- FULL TIME TRIATHLETE
- IRONMAN
- 5 x IRONMAN 70.3
- 2 x PARTICIPATION WORLD
CHAMPION CHAMPIONSHIPS AGE
GROUP





PROGRAM

- **SQUASH CAMP WILL BE:
13TH OF JULY UNTIL 20TH, 2020**
- **FULL DAILY PROGRAM**
- **CHANGES CAN BE DISCUSSED
ON REQUEST**

PROGRAM

ARRIVAL DAY

FROM	TO	ACTIVITY
14:00	17:00	HOTEL CHECK IN
17:00	17:30	WELCOME by NILO & BART
17:30	18:00	TOUR OF SPORTWERK
18:00	19:30	MATCHES TO ANALYZE THE LEVEL
20:00	21:00	DINNER AT INNERLUCK
21:00	FREE TIME

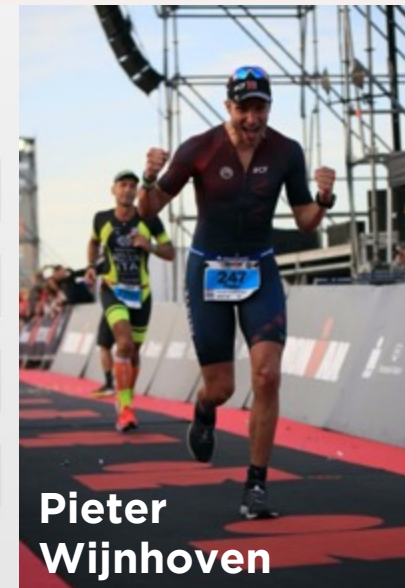


PROGRAM

“FITNESS” DAY

FROM	TO	ACTIVITY
08:30	09:30	BREAKFAST
11:00	11:30	WARM-UP SEMINAR by PIETER
11:30	12:45	SQUASH SESSION
12:45	13:15	COOL_DOWN SEMINAR by PIETER
13:30	14:15	LUNCH AT INNERLUCK
14:30	16:30	REST TIME
17:00	18:15	SQUASH SESSION
19:00	21:00	ACTIVITY: CITY CENTER TOURISM
21:00	22:00	DINNER AT INNERLUCK
22:15	FREE TIME

14 JULY



**Pieter
Wijnhoven**

PROGRAM

“MENTAL” DAY

FROM	TO	ACTIVITY
09:00	10:00	BREAKFAST
11:00	12:00	PSYCHICAL TRAINING by PIETER
12:30	13:30	LUNCH AT INNERLUCK
13:30	15:00	REST TIME
15:00	16:30	SQUASH SESSION
17:00	19:30	MENTAL COACHING by BART
20:30	21:30	DINNER AT INNERLUCK
21:30	FREE TIME

15 JULY



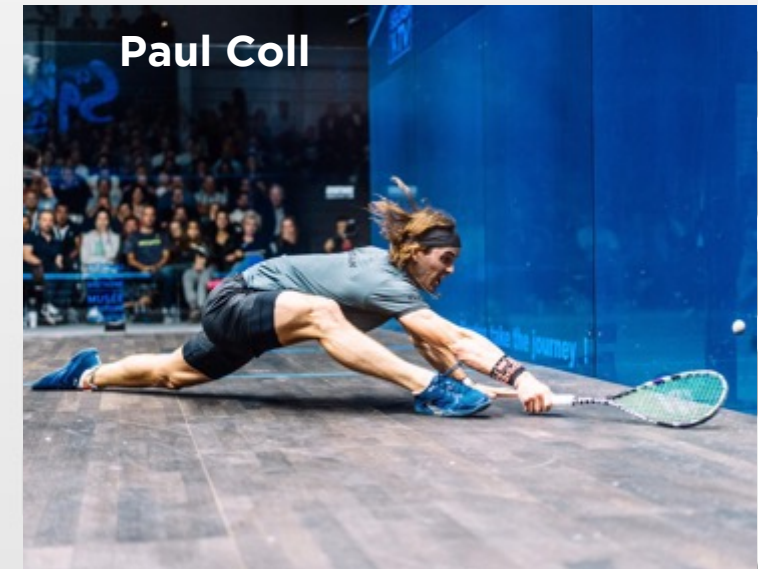
Bart Wijnhoven

PROGRAM

“PRO” DAY

FROM	TO	ACTIVITY
08:30	09:30	BREAKFAST
11:45	13:15	PRO WORKSHOP by PAUL
14:00	15:00	LUNCH AT INNERLUCK
15:15	17:45	REST TIME
18:00	20:00	Q&A with PAUL & NELE
20:00	21:45	DINNER AT INNERLUCK
21:45	FREE TIME

16 JULY



PROGRAM

“PRO” DAY

FROM	TO	ACTIVITY
09:00	10:00	BREAKFAST
11:15	13:15	MATCHES WITH PAUL & NELE
14:00	17:00	LUNCH AT RESTAURANT ALEX
17:00	18:15	FREE TIME
18:30	19:30	SQUASH SESSION
19:50	20:30	POOL TIME
20:45	21:30	DINNER AT INNERLUCK
21:45	FREE TIME

17 JULY



Restaurant Alex

PROGRAM

“NILO” DAY

FROM	TO	ACTIVITY
08:30	09:30	BREAKFAST
11:00	12:30	SQUASH + PHYSICAL (2 GROUPS)
12:45	13:15	POOL TIME
13:30	14:15	LUNCH AT INNERLUCK
14:30	16:00	REST TIME
16:00	17:00	SEMINAR by NILO
17:30	18:30	SQUASH TRAINING
19:00	20:30	ACTIVITY
20:45	21:30	DINNER AT INNERLUCK
21:45	FREE TIME

18 JULY

Nilo Vidal



PROGRAM

“TOURNAMENT” DAY

FROM	TO	ACTIVITY
09:00	10:00	BREAKFAST
11:00	13:00	TOURNAMENT PART 1
13:30	14:30	LUNCH AT INNERLUCK
14:30	19:30	TOURNAMENT PART 2
20:30	21:30	DINNER AT INNERLUCK
21:45	FREE TIME

19 JULY



PROGRAM

“DEPARTURE” DAY

FROM	TO	ACTIVITY
09:00	11:00	BREAKFAST
11:30	12:00	PRICE CEREMONY
12:00	14:00	FREE SQUASH TIME
14:00	15:00	LUNCH AT INNERLUCK
15:00	15:30	WRAP-UP & FAREWELL



VENUE



- 15 squash courts & 1 full glass court
- Fitness and wellness facilities
- Restaurant InnerLuck
- Lounge area
- Free WIFI

INTERNATIONAL SQUASH CLUB SPORTWERK



HOTEL



LINDNER HOTEL HAGENBECK****

- Wellness center including pool
- Breakfast buffet
- Free WIFI
- 300m from Sportwerk

LOCATION

HAMBURG, GERMANY



Museums



Shopping



Historic city center



Subway

CONTACT

**FOR ANY QUESTIONS CONTACT NILO
DIRECTLY:**

NILO.VIDAL@GMAIL.COM

REGISTRATION VIA:

SQUASHCAMP@CHAMPIONSFACTORY.NET

