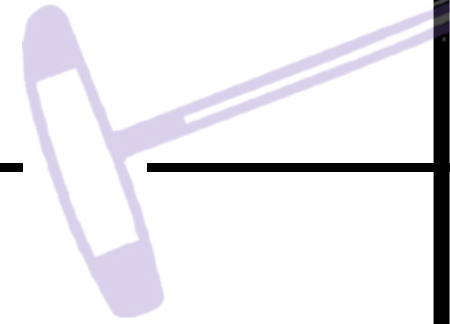


ACCELERATION WEEK 2024



ABOUT THE PROGRAMME



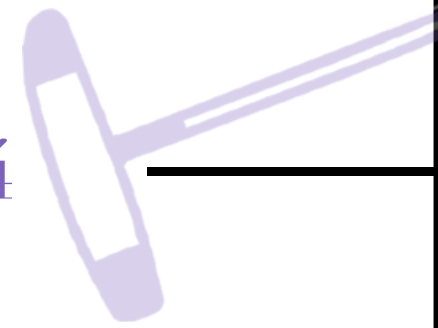
MAKE THE DIFFERENCE ON THE POLO FIELDS THIS SUMMER.

The programme any seasonal player needs to get back into the swing of things ahead of the summer tournaments. Undertaking this week of serious training will create the break through you need to get closer to your full potential.

Built exclusively for a limited group, each participant has ample time with the professional coaches to develop their polo in a very professional environment. We have seen time and time again the power that a week of intensive, deliberate and focused training can have on anyones polo game. During the programme players train together, mix in teams and assume different field positions and tactics in the games. The final match is played with a pro per team on our world-class full sized polo field. Benefit from yoga sessions, PT to strengthen and prepare your body and recuperate faster with active recovery. Take the opportunity to see dramatic improvements on the details that will make the difference on the polo fields in the upcoming season and who knows gain a handicap by following a rigorous training schedule which mimics that of a top polo player training for the tournament season.

ACCELERATION WEEK ITINERARY 2024

Saturday 9th March – Sunday 16th March 2024



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<ul style="list-style-type: none">•Arrival Meet & Greet•Stick & Ball: Try Horses•Outline Goals & Targets•Evening Argentine Asado	<ul style="list-style-type: none">•Wooden Horses•Swing Analysis•Practice Match•PT Session	<ul style="list-style-type: none">•Yoga Session•Stick & Ball: Tactics•Attack & Defence Techniques	<ul style="list-style-type: none">•Polo Lesson•Penalty Training•Rules & Tactics•Practice Match	<ul style="list-style-type: none">•Day off: Rest & Recovery•Optional Physio/Massage

THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none">•Review of Goals•Riding Lesson•Stick & Ball•Practice Match	<ul style="list-style-type: none">•Yoga Session•Stick & Ball•Polo Techniques•Team Announcement•Team Training & Tactics	<ul style="list-style-type: none">•PT Session•Team Meeting/Brief•Tournament: Final Match•Asado by the Lake

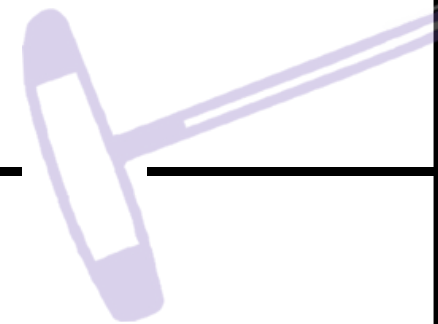
*** Approximate timings**

Morning: 9-12:30

Afternoon: 14:30 -18:00



FURTHER INFORMATION



PROGRAMME HIGHLIGHTS

- Daily polo workshops and practice

OPTIONAL EXTRAS

- Day excursion: Jolly Mile experience
- Accommodation (Polo Valley/Sotogrande)

IMPORTANT INFORMATION

- Price €7.500 + VAT
- Limited Spaces

LOOKING FOWARD TO HAVING YOU WITH US



For further information or to enquire, please contact

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