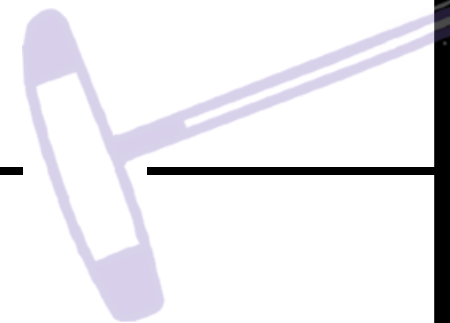


# THE POLO CHALLENGE 2024



# ABOUT THE PROGRAMME

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## **STEP INTO THE BOOTS OF A POLO PLAYER.**

The Polo Challenge takes candidates from complete novices to polo players. Polo Valley invites six highly-driven and motivated individuals who are ready to push their bodies and minds to the limit in a rigorous two-week training programme, learning one of the most exciting and seductive sports in the world. Learn to ride and play polo from scratch under the instruction of world-class polo professionals, with full support from our personal trainers, nutritionists and physiotherapists. To get through the two-week programme you will have to overcome mental and physical barriers like never before. With four hours of saddle time per day be prepared to keep pushing your body to its limit. Ultimately you will battle it out against your opponents in a professional match on the championship polo fields of Sotogrande, playing at the height of summer in front of the glamorous crowds that gather to get a glimpse of the sport. Think you've got what it really takes to become a polo player?



# THE POLO CHALLENGE ITINERARY 2024

Week 1.

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<ul style="list-style-type: none"><li>•Arrival Meet &amp; Greet</li><li>•Hand Mallet &amp; Wooden Horses</li><li>•Riding Session: Try Horses</li><li>•Evening Argentine Asado</li></ul>	<ul style="list-style-type: none"><li>•Riding Lesson</li><li>•Intro Polo Lesson</li><li>•Swing Training</li></ul>	<ul style="list-style-type: none"><li>•Yoga Session</li><li>•Riding Lesson</li><li>•Wooden Horses</li><li>•Rules &amp; Tactics</li></ul>	<ul style="list-style-type: none"><li>•Stick &amp; Ball Session</li><li>•Hand Mallet Match</li><li>•Practice Match</li></ul>	<ul style="list-style-type: none"><li>•Day off: Rest &amp; Recovery</li></ul>
THURSDAY	FRIDAY	SATURDAY	<div><p><b>* Approximate timings</b></p><p>Morning: 9-12:30</p><p>Afternoon: 16:30 -19:30</p></div>	
<ul style="list-style-type: none"><li>•Riding Lesson</li><li>•Polo Lesson</li><li>•Rules &amp; Tactics</li><li>•Practice Match</li></ul>	<ul style="list-style-type: none"><li>•Yoga Session</li><li>•Stick &amp; Ball</li><li>•Wooden Horses</li><li>•Penalty Practice</li></ul>	<ul style="list-style-type: none"><li>•Optional Physio/Massage</li><li>•Team Meeting/Brief</li><li>•Practice Match</li></ul>		



# THE POLO CHALLENGE ITINERARY 2024

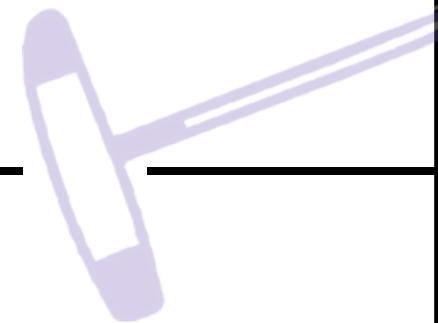
Week 2.

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<ul style="list-style-type: none"><li>•Riding Lesson</li><li>•Polo Lesson</li><li>•Wooden Horses</li><li>•Evening Argentine Asado</li></ul>	<ul style="list-style-type: none"><li>•Stick &amp; Ball</li><li>•Rules &amp; Tactics</li><li>•Practice Match</li></ul>	<ul style="list-style-type: none"><li>•Yoga Session</li><li>•Riding Lesson</li><li>•Wooden Horses</li></ul>	<ul style="list-style-type: none"><li>•Attack &amp; Defence Techniques</li><li>•Hand Mallet Match</li><li>•Penalty Practice</li><li>•Team Division</li><li>•Team Practice Match</li></ul>	<ul style="list-style-type: none"><li>•Day off: Rest &amp; Recovery</li></ul>
THURSDAY	FRIDAY	SATURDAY	<div><p><b>* Approximate timings</b></p><p>Morning: 9-12:30</p><p>Afternoon: 16:30 -19:30</p></div>	
<ul style="list-style-type: none"><li>•Polo Lesson</li><li>•Polo Riding Techniques</li><li>•Team Rules &amp; Tactics</li><li>•Practice Match</li></ul>	<ul style="list-style-type: none"><li>•Yoga Session</li><li>•Riding Lesson</li><li>•Wooden Horses</li><li>•Stick &amp; Ball in Teams</li><li>•Attack &amp; Defence Techniques</li></ul>	<ul style="list-style-type: none"><li>•Optional Physio/Massage</li><li>•Team Meeting/Brief</li><li>•Final Tournament Match</li><li>•Asado by the Lake</li></ul>		





# MASTER THE SPORT OF KINGS



## ARE YOU UP FOR THE CHALLENGE?

The Polo Challenge is not for the faint hearted but will instead appeal to ambitious, highly motivated and competitive individuals who are ready to discover a completely new chapter and who will not back away from this once in a lifetime opportunity to lift the lid on the world of polo.

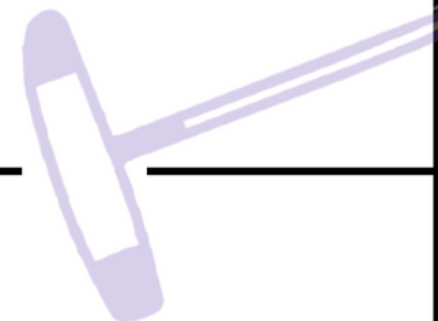
This intensive training programme will fully immerse you into the life of a polo player. Six hand-picked candidates will learn and play together during week 1 and in week 2 split into teams and train with each team managed by their mentor, polo professional and team captain.

Be prepared for early morning sunrise yoga sessions, hour-long riding drills followed by polo tuition and practise games. Cool off in an ice bath after some fitness for polo and in the evening head to the heart of the stables for a late night asado with the rest of your team to reflect on the days experience and all that's been achieved. Wednesday of week 1 and week 2 will be blocked off as rest and recovery days where there will be something special organised to enjoy in Sotogrande.



# TESTIMONIALS

Discover what our participants of the previous editions have to say about their experience with the Polo Challenge. Their stories reflect the transformation, excitement, and unforgettable moments they've encountered during this programme.



*"If I had to describe The Polo Challenge in three words, I would say camaraderie, awesome, and life-changing"*  
*Participant edition 2021*

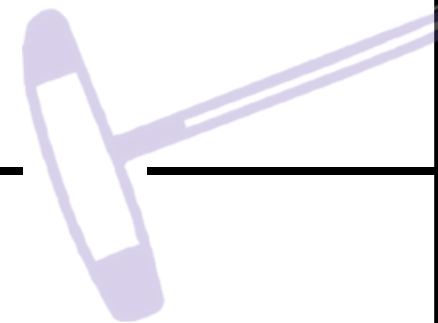


*"If I had to describe The Polo Challenge in three words, they would be instructional, dynamic and fun"*  
*Participant edition 2021*

[WATCH THE POLO CHALLENGE VIDEO](#)

# FURTHER INFORMATION

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## PROGRAMME HIGHLIGHTS

- Daily polo workshops and practice
- Polo kits (boots, match shirts, training kit...)
- Yoga, physio and sports massage sessions
- Curated events, including asados at Polo Valley
- Final match on world-class field with a glamorous crowd
- Polo Challenge private asado by the lake at Polo Valley

## IMPORTANT INFORMATION

**Dates: July 6th to July 20th 2024**

**•Price €20.000 + VAT per person for single occupancy.**

Includes: 2-week course, accommodation in our traditional guesthouse & meals, pro & tournament fee.

**•6 spaces**

[SEE OUR GUESTHOUSE BROCHURE](#)

If you instinctively feel you are up to the challenge and are prepared to be thrown in at the very deep-end and learn one of the most unique sports in the world, then get in touch.



# LOOKING FORWARD TO HAVING YOU WITH US



For further information or to enquire, please contact

**[info@polovalley.com](mailto:info@polovalley.com) / +34 690 036 016**

[WEBSITE](#)

[FACEBOOK](#)

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