



**BIWPA**

BARCELONA INTERNATIONAL  
WATER POLO ACADEMY

**WELCOME**

**SAN DIEGO SHORES  
BOYS**

**TEAM TRAINING CAMP**  
**March 26 - April 4, 2023**

**PROVISIONAL SCHEDULE - VERSION 2**





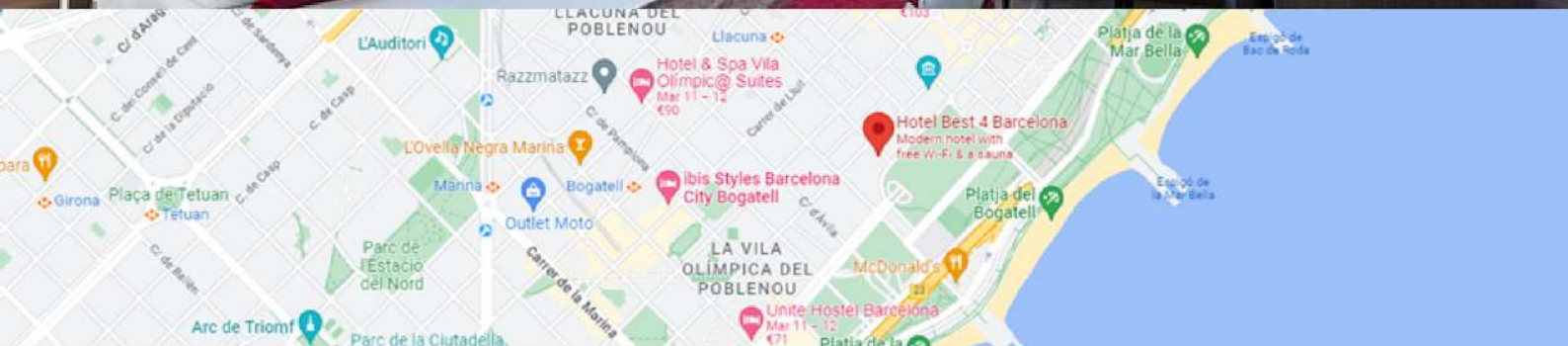
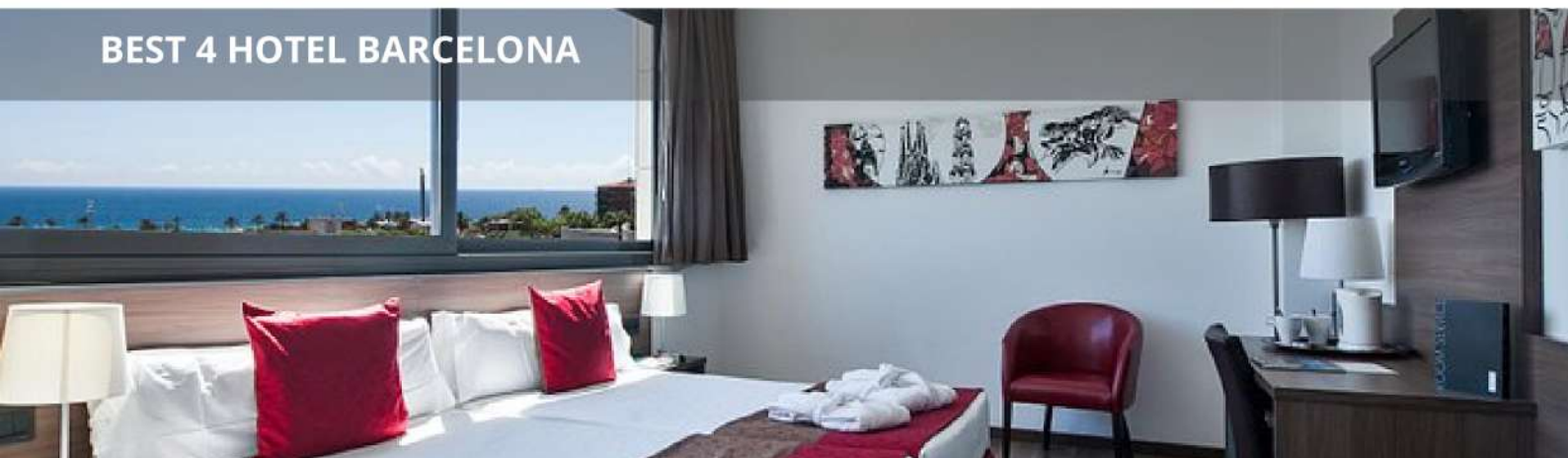
Hi! Welcome to BIWPA Team Training Camp!

We're very glad to have you with us, and we hope you enjoy your stay in Barcelona.

We've made this brochure so you can learn a little bit more about your experience here, so let's get started!

## THE HOTEL AND THE SURROUNDINGS

### BEST 4 HOTEL BARCELONA



**HOTEL BEST 4 BARCELONA**- C/ del Dr. Trueta, 164, 08005

Barcelona

Phone: +34 933 29 09 54

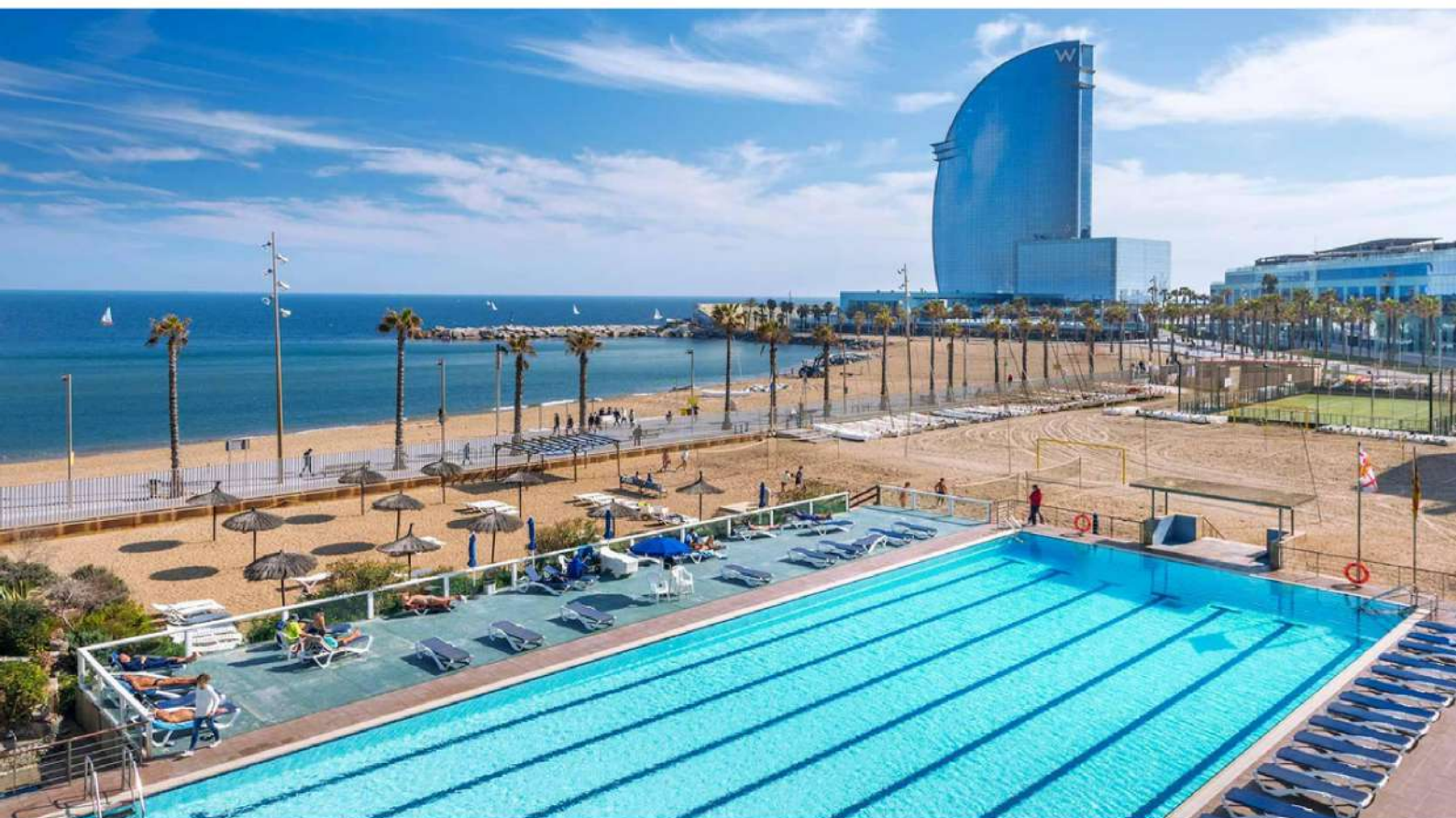
Website: <https://www.besthotels.es/en/destinations-and-hotels/best-4-barcelona.html>



## PROVISIONAL SCHEDULE

### SUNDAY, March 26th

🕒 TIME	↔️ ACTIVITY	📍 LOCATION	👤
09:00	Arrival to Barcelona	El Prat Airport	Cynthia + Ljubi
10:15	Transport to hotel	Private bus	Cynthia
11:15	Check-in	Hotel Best 4 Barcelona	Cynthia
12:00	Transport to lunch	Public transport	Cynthia
13:00	Lunch	Vista Mare	Cynthia
15:30 - 17:30	Training	Club Natació Barcelona	Cynthia
18:30	Dinner	La Tagliatella (Palau de Mar)	Cynthia
20:00	Back to hotel	Public transport	-





## PROVISIONAL SCHEDULE

### MONDAY, March 27th

🕒 TIME	↔️ ACTIVITY	📍 LOCATION	👤
07:15	Breakfast	Hotel Best 4 Barcelona	
08:00	Transport to pool	Private bus	Martí
09:00 - 11:00	Training (2h)	CN Molins de Rei	Martí Sergi
11:30 - 12:15	Transport to lunch	Public transport	Sergi
12:30	Lunch	El Racó (Rambla Catalunya)	Meritxell
15:30 - 18:30	Sightseeing Bus Tour	Barcelona Bus Tour	Mathias
18:30 - 19:00	Transport to pool U16	Public transport	Ameyali Yuri
18:45 - 19:15	Transport to pool U18		
19:30 - 21:00	U16 scrimmage vs. Mediterrani	CE Mediterrani (Begur)	Ameyali Yuri
20:00 - 21:30	U18 scrimmage vs. Mediterrani	CN l'Hospitalet	
21:15	U16 dinner	Mediterrani	Ameyali
21:45	U18 dinner	Picnic dinner	Cynthia
22:15	Transport to hotel U16	Public transport	Ameyali Cynthia
22:00	Transport to hotel U18	Private bus	



## PROVISIONAL SCHEDULE

### TUESDAY, March 28th

🕒 TIME	↔️ ACTIVITY	📍 LOCATION	👤
07:30	Breakfast	Hotel Best 4	
08:00 - 8:45	Transport to pool	Private bus	-
09:15 - 10:45	Training (1h30)	CN Montjuïc	Yuri
11:15 - 11:45	Transport to lunch	Public transport	Yuri
12:00	Lunch	Tapa Tapa (Las Arenas)	Yuri
13:30 - 17:15	Free time	-	
17:15 - 18:00	Transport to pool	Public transport	Martí
18:30 - 19:30 19:30 - 20:30	U16 scrimmage vs. CNB U18 scrimmage vs. CNB	Club Natació Barcelona	Martí
20:50	Transport to hotel	Public transport	-
21:30	Dinner	Hotel Best 4	-





## PROVISIONAL SCHEDULE

### WEDNESDAY, March 29th

🕒 TIME	↔️ ACTIVITY	📍 LOCATION	👤
07:15	Breakfast	Hotel Best 4 Barcelona	
08:00	Transport to pool	Private bus	-
09:00 - 11:00	Training (2h)	CN Molins de Rei	-
11:30 - 12:15	Transport to lunch	Public transport	Sergi
12:30	Lunch	Casa Carmen	Cynthia
TBC	Sightseeing	Park Güell	Cynthia
18:30 - 19:20	Transport to pool	Public transport	Martí
19:45 - 20:45 20:45 - 21:45	U16 scrimmage vs. CNAB U18 scrimmage vs. CNAB	Club Natació Atlètic Barceloneta	Martí
22:00	Transport to hotel	Public transport	-
22:15	Dinner	Tagliatella (Barceloneta)	-



## PROVISIONAL SCHEDULE

### THURSDAY, March 30th

🕒 TIME	↔️ ACTIVITY	📍 LOCATION	👤
07:15	Breakfast	Hotel Best 4 Barcelona	
08:00	Transport to pool	Private bus	-
09:00 - 11:00	Training	CN Molins de Rei	-
11:30 - 12:30	Transport to lunch	Public transport	Sergi
13:00	Lunch	La Real Hamburgueseria (Poblenou)	
17:00	Sightseeing	Sagrada Familia	Cristina
18:30 - 19:15 18:45 - 19:45	Transport to pool U16 Transport to pool U18	Public transport	Ferran F. Yuri
20:00 - 21:30 20:30 - 22:00	U16 scrimmage vs. AESE U18 scrimmage vs. SNSF	Club Natació L'Hospitalet Club Natació Sant Feliu	Ferran F. Yuri
22:30 22:00	U16 dinner U18 dinner	SOCO (Poblenou) Rustika pizza	- Yuri
21:45 23:30	Transport to hotel (before dinner) Transport to hotel (after dinner)	Public transport Private bus	Ferran F. -





## PROVISIONAL SCHEDULE

### FRIDAY, March 31st

🕒 TIME	↔️ ACTIVITY	📍 LOCATION	👤
08:30	Breakfast	Hotel Best 4 Barcelona	
09:45	Transport to pool	Private bus	-
11:00 - 13:00	⚠️ <i>New training time</i> Training	CN Molins de Rei	-
11:30 - 12:30	Transport to lunch	Public transport	-
14:30	Lunch	SOCO (Poblenou)	Cynthia
16:00 - 18:00	Rest	Hotel Best 4 Barcelona	
18:15 - 19:00	Transport to pool U16	Public transport	Ferran F. Ameyali
18:45 - 19:30	Transport to pool U18		
20:00 - 21:30	U16 scrimmage vs. CNSF	BLUME	Yuri
19:30 - 21:30	U18 scrimmage vs. UE Horta	UE Horta	Ameyali
22:00	Dinner U16	Finestrelles	Yuri
22:00	Dinner U18	UE Horta	Ameyali
23:15	Transport to hotel	Public transport	Ferran F. Ameyali





## PROVISIONAL SCHEDULE

### SATURDAY, April 1st

🕒 TIME	↔️ ACTIVITY	📍 LOCATION	
9:00	Breakfast	Hotel Best 4	
11:00	Transport to PRO game (optional)	Public transport	
12:00 - 13:00	Watch PRO game Women CNAB vs. Rubí (Optional)	Club Natació Atlètic Barceloneta	Cynthia
13:30	Lunch	Makamaka Burger	Cynthia
15:00	Transport to Tibidabo	Private bus	Mathias
15:45 - 16:45	Free time in Tibidabo	Tibidabo	Mathias
16:45 - 17:30	Transport to CNB	Private bus	Mathias
18:00 - 19:00	Watch PRO game MEN CNB vs. Terrassa	Club Natació Barcelona	Mathias
19:10	Transport to hotel	Public transport	
20:30	Dinner	Hotel Best 4	





## PROVISIONAL SCHEDULE

### SUNDAY, April 2nd

🕒 TIME	↔️ ACTIVITY	📍 LOCATION	
08:00	Breakfast	Hotel Best 4	
09:00	Transport to tournament U16 Transport to tournament U18	Private bus Public transport	Cynthia Ferran F.
10:00 - 17:00	U16 Tournament CN Rubí	Club Natació Rubí	Cynthia
10:00 - 17:00	U18 Tournament Sant Feliu	Club Natació Sant Feliu	Yuri
17:30 - 18:15	Transport to hotel Transport to hotel	Private bus Public transport	Cynthia Ferran F.
20:30	Dinner	Hotel Best 4	





## PROVISIONAL SCHEDULE

### MONDAY, April 3rd

🕒 TIME	↔️ ACTIVITY	📍 LOCATION	👤
8:45	Breakfast	Hotel Best 4	
09:30 - 10:15	Transport to Sabadell (girls already in the bus)	Private bus	Cynthia
11:00 - 14:00 11:30 - 13:30	Watch girls games (Training boys TBC)	CN Sabadell	Cynthia
14:00	Walk to restaurant	-	Cynthia
14:15	Lunch	Red Bar Sabadell	Cynthia
15:30	Walk to pool	-	Cynthia
16:00 - 17:30 17:30 - 19:00	U16 Scrimmage vs. Sabadell U18 Scrimmage vs. Sabadell	CN Sabadell	Cynthia
19:30 - 20:30	Transport to dinner	Public transport (train)	Cynthia
21:00	Farewell Dinner	La Dolça Herminia	Cynthia
22:15	Transport to hotel	Public transport	

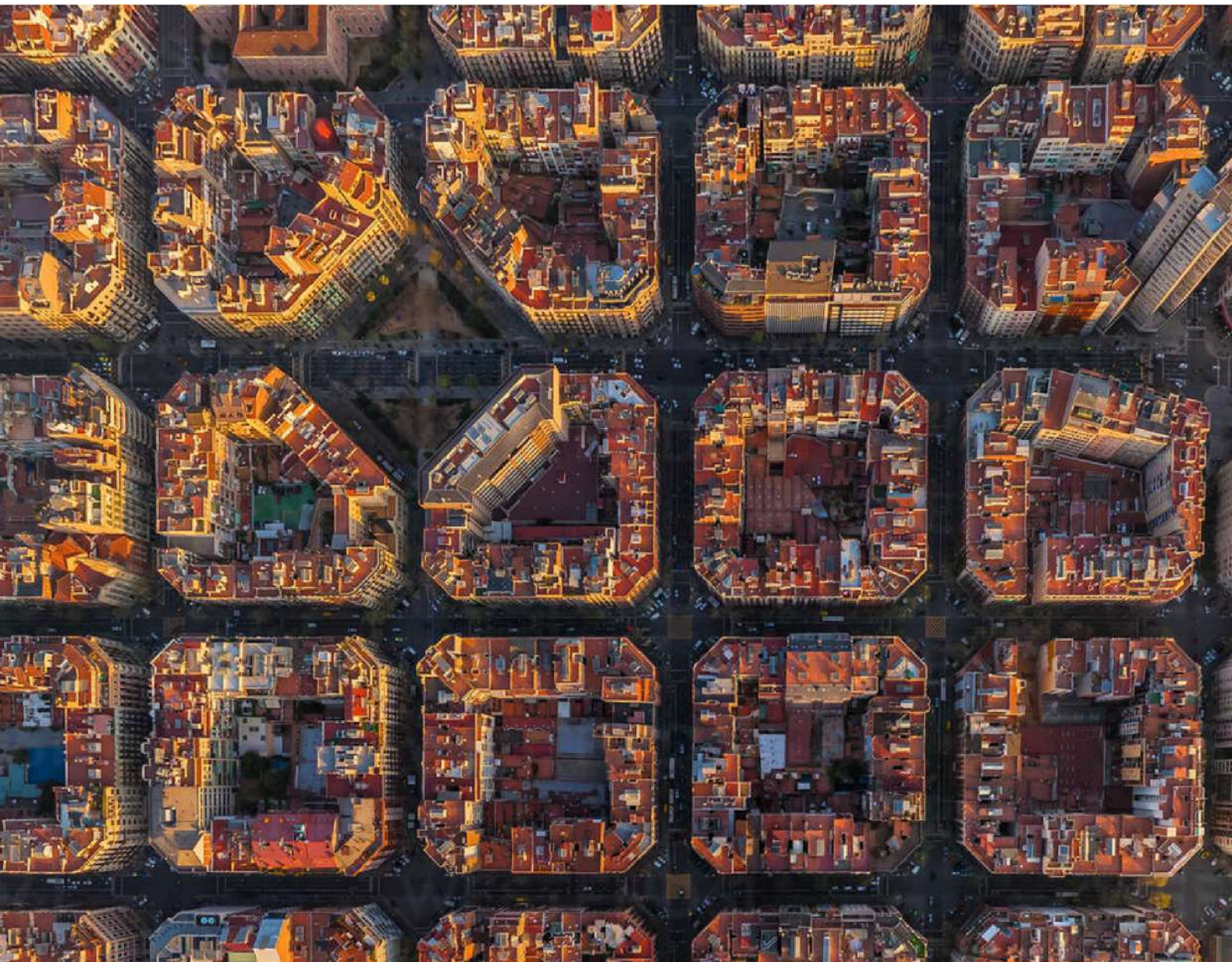




## PROVISIONAL SCHEDULE

### TUESDAY, April 4th

🕒 TIME	↔️ ACTIVITY	📍 LOCATION
9:00	Breakfast	Hotel Best 4
10:00	Bus to airport	Private bus -
11:15	Barcelona Airport	Barcelona airport -





## OUR TEAM

You may not meet all of us, but our team will help you through your stay. For any doubts or questions, you can call or write any of us an e-mail. Make yourself at home and meet our staff.



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**We wish you an unforgettable experience,  
and we hope you enjoy training with BIWPA!**