



fit
PRESTIGE
VOLLEYBALL
Grow. Play. Belong.



ERTH HOTEL ABU DHABI



4-10. July 2026.

VOLLEYBALL SUMMER CAMP

We are happy to invite you to our **Intensive Volleyball Summer Camp** at **Erth Hotel, Abu Dhabi**, from **4th to 10th July**.

Get ready for an unforgettable week filled with volleyball, fitness, and personal growth. This camp combines high-level volleyball training with gym sessions, morning runs, and many other activities designed to develop complete athletes.

The purpose of this camp is to give players a real experience of what it takes to train like a **professional volleyball athlete during pre-season preparation**. Every day is carefully planned and structured to ensure a balance of performance training, physical development, recovery, and team building.

Players will follow a consistent daily routine designed by experienced coaches, simulating the environment and discipline of professional training camps.

Players can expect **two training sessions daily**, along with structured morning running to improve stamina and overall performance. In addition, participants will benefit from **educational workshops** focused on sports nutrition, mental preparation, and sports psychology.

Join us for a week of hard work, team spirit, and fun—designed to help every player take their game to the next level.

DAILY STRUCTURE OVERVIEW

Every day follows a well-prepared plan designed to maximize development and performance. To give you a better picture, below you can find an example of one of the days we will have at the camp.

July 6th 2026

8:00 – 9:00 AM	BREAKFAST
9:30 AM	MEET FOR PRACTICE
10:00 – 11:30 AM	VOLLEYBALL 1
12:00 – 2:00 PM	REST
2:00 – 3:00 PM	LUNCH
3:00 – 4:00 PM	WORKSHOP 1
4:00 – 6:00 PM	TEAM BUILDING 1
6:00 – 7:00 PM	DINNER
8:00 – 10:30 PM	VOLLEYBALL 2



OUR PACKAGE INCLUDES

- 6 nights in Erth Hotel in Abu Dhabi (full board accommodation)
 - Transportation
 - Volleyball trainings
 - Friendly game
 - Gym workouts
 - Beach Volleyball
 - Sport psychology workshop by Kidsology
 - Nutrition workshop
 - Jersey & Tshirt
 - Individual feedback
 - & Fitness progression
 - City tour
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GROUPING

Players will be grouped according to both **age and skill level** to ensure optimal development and training quality. Each group will consist of a maximum of **12 players**, with a dedicated coach assigned to every group. This allows for focused coaching, individual attention, and better progression throughout the camp.

At the end of the camp, each player will receive a **personal feedback report**, highlighting their progress, strengths, and areas for improvement.



ACCOMMODATION & FACILITIES

Our accommodation for the 6-night camp will be at **Erth Hotel, Abu Dhabi**, offering high-quality amenities designed to support both performance and recovery. The hotel includes **two fully equipped gyms**, including dedicated **strength and cardio areas**, allowing athletes to maintain and improve their physical condition throughout the camp.

Nutritious, balanced meals are provided daily, carefully prepared to support the needs of young athletes, ensuring they have the energy and recovery support required for two training sessions per day.



The gym at Erth Hotel Abu Dhabi is a spacious and modern facility, perfect for keeping students active throughout the camp. We will be using the space for group gym sessions, giving everyone the chance to build strength, stay energized, and train together in a safe and motivating environment.



Erth Hotel Abu Dhabi offers a clean and well-maintained pool for students to stay active and cool during the camp. It provides a safe and enjoyable environment where students can relax and make the most of their time together.



The rooms at Erth Hotel Abu Dhabi are comfortable and well-equipped, providing a safe and relaxing space for students throughout the camp. Accommodation will be in triple rooms, encouraging a positive and social living environment, helping students feel at home while building friendships during the camp.



The beach volleyball court is located within the hotel where our training sessions will take place. As the hotel sits right on the beach, students can relax and enjoy the seaside during their free time.



The restaurant features a variety of stations, including live cooking stations, a bakery section with fresh bread and pastries, a sushi station, as well as salads, fruits, and infused water options. As nutrition is just as important as training, we make sure that students' bodies are properly fueled to support their performance and recovery.

REGISTRATION DETAILS

The total cost of the camp is 4500 AED VAT inclusive.

Payment options:

- Bank transfer
- Via link (credit/debit card/apple pay- 2.99% FEE)
- Cash
- Installments are available via Tabby app (please note that fee of 8.65 % is applicable).

Timeline:

- 25th of April- Opening registrations
- 25th of May- Closing registrations

Refund policy:

- Any cancelation made after the registrations are closed will result in 100% charges.
- In case of cancelations due to medical reasons, refund of 50% of the total amount will be provided upon submission of proper medical documentation.

HOW TO REGISTER

In order to confirm your child's participation, kindly fill out the link [HERE](#), and send it back to +971 50 901 2114 at your earlier convenience.

If you have any doubts or questions, feel free to contact coach Minja on +971 56 255 7028 or coach Uros on +971 56 790 7715.

We are looking forward to seeing you soon!