



# 100 X 100<sup>®</sup> JUGADOR

WE ENHANCE YOUR BASKETBALL

BARCELONA  
JULY 2024  
9th EDITION

BOOK YOUR  
PLACE HERE

100X100JUGADOR.COM





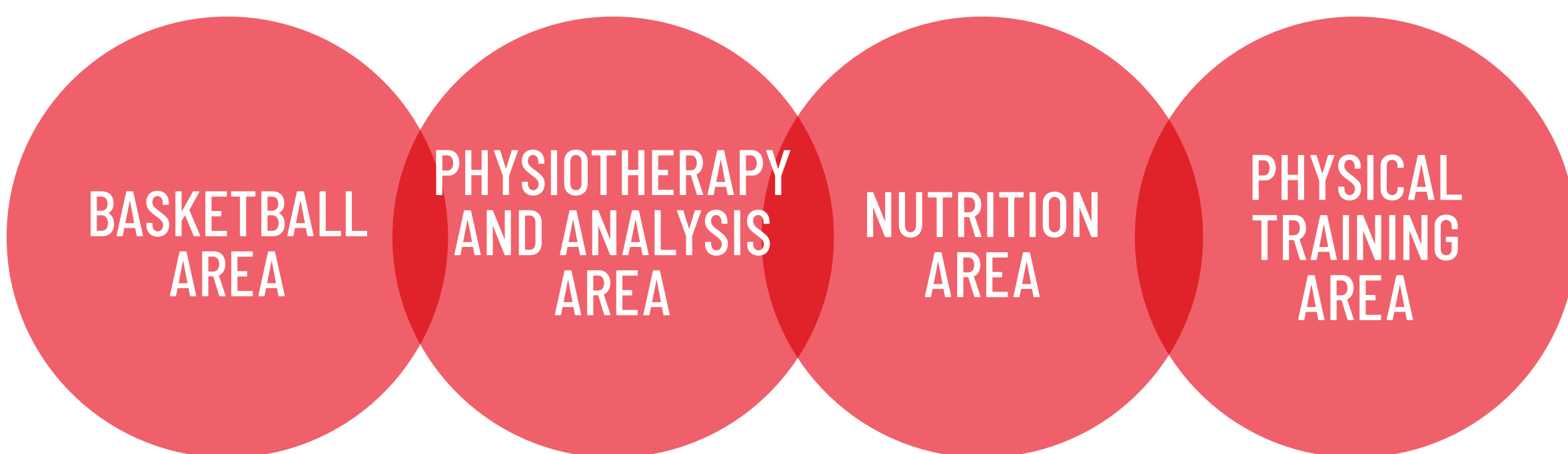
***“Basketball. Strength. Nutrition. Movement. Our team will check every area to get you ready”***





## **HELPING YOU TO BOOST YOUR BASKETBALL**

100x100 is a training service for basketball players that want to work and improve. For us, the improvement of the sports person is not only focused on the basketball court work. That is why we work from a multidisciplinary approach, with a team of physiotherapists, physical trainers, nutritionists, and basketball coaches.



## **PERSONALIZED TRAINING**

This service plans and works individually bringing people closer to work at a high level.

## **FROM PROFESSIONAL CATEGORIES TO EVERYONE**

The program is carried out under a selection process with a very limited number of places. It is aimed at professional and semi-professional players. In addition, we also open places for amateur players of preferential level or players who have sufficient level to assume the level of competition.

## **WE ARE FOCUSED ON YOU**

The process once you have been accepted is the following:

- 1** Choose the work weeks and the objectives
- 2** Choose a pack of sessions and we will adjust the work to the volume of hours chosen.
- 3** We will prepare sessions with other players that fit your profile and objectives. Groups of max. 2-3 players.

## **WORK FOR YOURSELF DURING THE OFF SEASON**

- 4 weeks of work: 1-5, 8-12, 15, 16 & 22-23 of JULY.
- Decide which weeks you want to train.

## **OUR CENTERS IN BARCELONA**

- Sports hall:
  - 📍 CEM Mundet (Carrer d'Olympe de Gouges Barcelona)
  - 📍 PABELLÓN ALMEDA (Carrer Ferran 45, Cornellà Llobregat)
- Performance center:
  - 📍 Pádel-El Prat (Parc del riu 3-4, Prat del Llobregat)
- Physiotherapy center:
  - 📍 Summum Salut (Plaça Pau Casals 5, Prat del Llobregat)

All are easily accessible by public transportation and have private parking area.

## **SPORTSPEOPLE RESIDENCE**

For those players who are interested, we have several options for accommodation in the residence La Salle Bonanova (Barcelona).

More information in the section about our RESIDENCE.

## **REGISTRATION PROCESS**

Once you have read this document, if you need any help, please do not hesitate to contact us. If this is your first year, please contact us before registering to evaluate your selection process.

Once you have completed the registration process and paid the reservation fee (75€), your place will be blocked and we will contact you to discuss your training plan and go deeper into everything You have told us in the registration.

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PLACE HERE**





# SELECT A PLAN

## ONLY BASKETBALL

3-5 sessions a week

## BASKETBALL & S&C

3-5 basketball  
+ 2-3 S&C  
sessions a week

## S&C

2-4 sessions a week

## TAILORED PLAN

We adapt us to  
your needs



# ORGANIZE YOUR PLAN

## SELECT YOUR SESSION PACK

**1** Decide what kind of work you want to do. If you see it necessary, contact us and we will advise you.

- Physical (Only from U16 category and up)
- Basketball
- Nutrition
- Physiotherapy
- Movement analysis
- Injury readaptation (contact us to decide with our team the best option)

**2** Decide the number of weeks and which ones, from 1th to 26th of JULY.

WEEKS	SESSIONS PER WEEK	TOTAL SESSIONS	PRICE
1	5	5	189 €
2	5	10	339 €
2	6	12	399 €
2	7	14	469 €
3	5	15	459 €
3	6	18	539 €
3	7	21	629 €
4	5	20	559 €
4	6	24	669 €
4	7	28	779 €

**3** Select the pack of sessions you want to do. Although our recommendation is as follows:

- Basketball 3/5 sessions per week
- Physical Training 2/3 sessions per week

**4** If you are doing physical preparation for more than three weeks, we recommend you to do the movement analysis session.

MOVEMENT ANALYSIS
55 €

**5** For senior players, we recommend one physiotherapy session per week (see price list)\*.

PHYSIOTHERAPY
50 €

**6** For those who do individual nutritional counseling, there is a first session of measurements and interview, the second is to define your diet.

NUTRITION
45€ 1st session
35€ the others

**7** In the registration process there is no mandatory section, you choose what you want to work on based on our recommendations, if this is your first time, please contact us first.

**8** If you have any questions, please contact us or write them in the doubts section and we will contact you.

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PLACE HERE**





# BASKETBALL

## **ARE YOU GETTING BETTER OR WORSE?**

During the post season you can take advantage of your training time to improve your game resources and actions. With us you decide what you want to improve and we will help you. A team of coaches with experience in ACB, Liga Femenina (feminine basketball league), LEB, EBA or lower categories will help you throughout your process.

## **SESSIONS**

The sessions are in small groups with players of your profile and compatible objectives. The duration of each workout session is 60 minutes of actual training, so you should come before the session to warm up and at the end of the session, you will have to cool down. 90' aprox.

## **TECHNOLOGY APPLIED TO BASKETBALL**

Our team is formed by coaches in constant learning and evolution. Up to date with all the latest news and working to improve year after year by introducing new materials to our offer such as the shooting machine, visual feedback on video or different implements for coordination improvement.

**1** ACTION or CONCEPT  
**75%** OF THE TIME



A photograph of a person in a gym performing a deadlift. The person is wearing a blue shirt and red shorts, and is lifting a barbell with weights. The gym has various pieces of equipment, including a rack of weights and a bench.

# PHYSICAL TRAINING

## **PHYSICAL TRAINING**

Physical training nowadays is a fundamental part of modern basketball. From the development and adaptation of habits in the youngest to the prevention of injuries and performance for senior and professional players. Our work method, based on the methodology of master Seirul lo, focuses on training and preparing the basketball player.

In our centers we constantly invest in new materials and technologies such as the isoinertial pulley with which our team of trainers produce eccentric overloads with which we achieve adaptations that improve the movements on the basketball court.

## **INDIVIDUAL PLAN AND SMALL GROUPS**

Your training plan is made just for you, we do not believe in standard routines. The sessions will last approximately 60 minutes and you will work in small groups of 2-4 players.

## **ONLINE FORMAT OPTION**

For players with experience in strength training there is the option to complete the process through our platform, where you will have direct contact with our physical trainer and access to your individualized individual plan with explanatory videos, from your own device.



ONLINE FORMAT		
WEEKS	SESSIONS PER WEEK	PRICE
4	2	75 €
4	3	85 €
4	4	95 €
8	3	140 €
8	4	165 €

## **INJURY REHABILITATION**

Our team has extensive experience working with injury rehabilitation in coordination with your physician or our trusted medical specialists. If this is your case, do not follow the normal booking process and contact us directly.





A close-up photograph showing a physiotherapist's hands performing manual therapy on a patient's leg. The patient is lying on a dark mat on a light-colored floor. The physiotherapist is wearing a white shirt and dark pants. The patient's leg is extended, and the therapist's hands are positioned to work on the lower leg and foot area.

# PHYSIOTHERAPY

## **IN THE BEST HANDS**

Our physiotherapists and osteopaths are specialists in manual therapy, therapeutic exercise and we have the latest technology.

They offer two main services: accurate diagnosis and treatment of sports injuries or the recovery of your fatigue, tiredness, and pain.

Complementing your training with these services will help you in adaptive processes, or in the recovery of the training itself complementing the work of physical preparation and providing extra help to recover much better.

Like all our services, there is teamwork with the rest of the areas. This teamwork together with our extensive experience, also helps us to work with those players who need a tune-up for a specific championship or a call for national teams, which require specific work and special programming to arrive in an optimal state of fitness.

## **MOVEMENT ANALYSIS**

For those players who have two or more weeks of physical preparation, it is HIGHLY recommended to choose this service. Also, if you have had discomfort or injuries during this season.



The movement analysis performed by our team of physiotherapists, consists of a series of tests to individually assess the following aspects:

- 1 Anticipate possible causes of discomfort or injury.
- 2 Detect the state and causes of previous injuries Analyze the general condition of the athlete.
- 3 Each test will be adapted to the needs of each athlete.

After doing the movement analysis the players will have an individualized protocol according to their needs for the whole season and a detailed report about what we have detected and the tools we propose.







# NUTRITION

## **NUTRITION AS KEY FACTOR**

If your goals include some element of body composition, the work goes beyond the physical and nutritional advice will be a great complement to your work on a daily basis.

## **ONLINE GROUP SESSIONS**

In 100x100 JUGADOR we firmly believe in what we do and we consider nutrition a very important complement for the improvement of our players. That is why for all those enrolled in 100x100 JUGADOR we will hold several group sessions in ONLINE format for players and their families. In these sessions we will offer nutritional recommendations and strategies: what to eat before, during and after games and training sessions, healthy eating habits, hydration guidelines, timing (food and supplementation) and a round of short questions.

## **INDIVIDUAL COACHING**

According to the objectives you have set in your registration, our nutritionist, if you wish, will advise you individually so that you can get a nutritional plan adapted to your goals. We will perform a comprehensive assessment to know and improve your nutritional status and body composition with different kinanthropometric studies, so we can improve your diet, lifestyle, body composition and athletic performance.



# TEAM



## **LAUREÀ PALMER - PHY.**

Diploma in Physiotherapy (UAB) and Master Osteopathy (EOB). Director SUMMUM Salut. Physiotherapist LEB Gold CBPrat, LEB, ACB, Euroleague and NBA players.



## **ABRIL GORGORI - NUTRI.**

Clinical nutritionist, Master in health and nutrition (UAB). Specialist in clinical nutrition.



## **AITOR PIEDRA - S&C**

Graduate in Physical Activity and Sport Sciences (INEF), Master's Degree RETAN (INEF) and experience in LF1, LF2, LEB, EBA and training of young players.



## **ENRIC OROZCO - S&C**

Graduate in Physical activity and Sport Sciences, Master's Degree in Injury prevention and personal training. Experience in clubs like SXXI, FSA, LF2. S&C coach of players from ACB to EBA.





### **MARC MESIA - S&C**

Graduate in Physical Activity and Sport Sciences, Master degree in Injury prevention and rehadaptation process. Experience in LEB.

### **ORIOI COMAS - COACH**

Graduate in Physical Activity and Sport Sciences (UPF), Senior coach (FEB) with experience in Spain ACB- LEB, in Asia BBA and Mexico in LNBP. Experience in Mexican senior men's NT.

### **CLAUDIO JORQUERA - COACH**

Basketball coach with more than 10 years of experience in Chile. Participation in Americas BCL. National team head coach of Chile. Experience in LEB. Actually ast coach of CBCornellà in LEB Silver.

### **LEANDRO NAHMANOVICI - C.**

Graduate in Physical Activity and Sport Sciences (INEF), Senior coach (FEB), experience in LF1, Euroleague & LEB. LF1 and Supercopa champion.

## **& GUEST BASKETBALL COACHES**

This season we will have guest coaches with us. Every week they will participate in our training. So during every week, will practice with us from categories like LEB, ACB & LF.

**Stay tuned to our social networks!**





# RESIDENCE

For players who wish, we have our residence for players in LA SALLE BONANOVA. The residence is located in Barcelona in the Bonanova neighborhood, a quiet area of Barcelona and suitable for the rest of our sportspeople. It is perfectly equipped and very well communicated by public or private transport. For approximately 45-50€/day depending on the type of board.

- Full board, half board or lunch only.
- Common rest area
- Cinema area.
- Early morning swimming pool
- Parking area
- Single room
- Possibility of double room with 10% discount
- Easy communication with Plaza España or Plaza Catalunya

## **RESIDÈNCIA LA SALLE BONANOVA**



Paseo de la Bonanova, 8. 08022 Barcelona

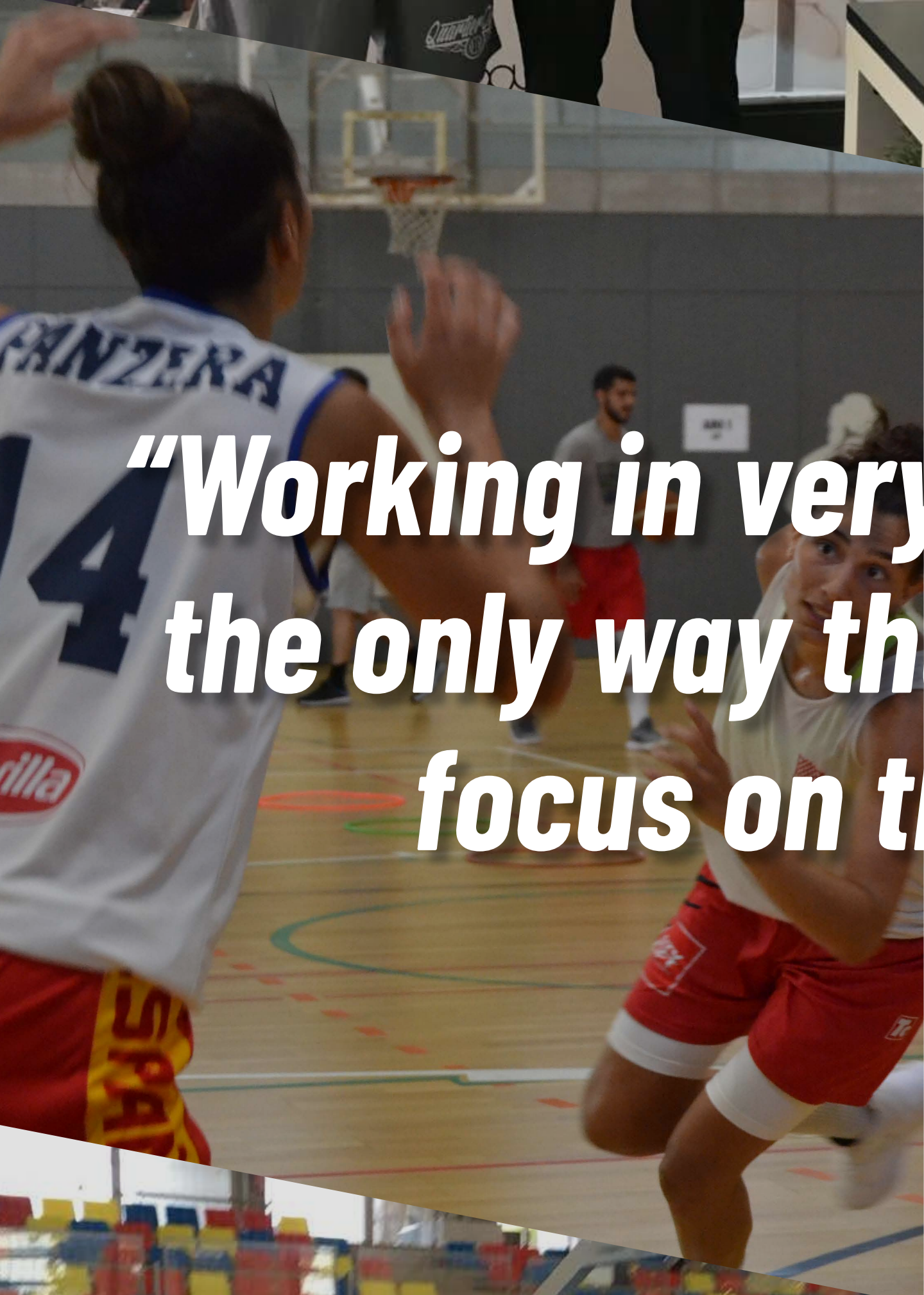
(+34) 93 254 09 65

[residencialasalle.com](http://residencialasalle.com)









***“Working in very small groups is the only way that allows you to focus on the details”***





## **MORE INFORMATION:**



**Telephone:** 624 477 879



**Email:** [info@100x100jugador.com](mailto:info@100x100jugador.com)



**Web:** [100x100jugador.com](http://100x100jugador.com)



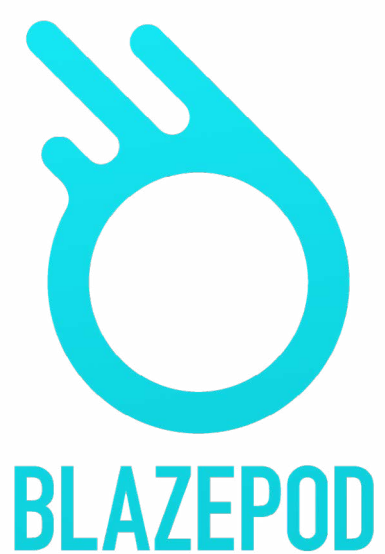




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