



ACADEMY 360

GIRONA FC & PARTNER

FUTUREXI



FUTUREXI

WELCOME TO ACADEMY 360 PROGRAM





FUTUREXI

1. RESPONSIBILITIES OF GIRONA FC

 **4-5 MORNING TRAININGS / WEEK**

TICKETS FOR FIRST TEAM GAMES
(EXCEPT A-CLASS/AA-CLASS/EUROPE COMPETITIONS)

 **2-3 AFTERNOON TRAININGS WITH THE ACADEMY TEAMS / WEEK**

INDIVIDUAL REPORT AT THE END OF THE STAY BY GFC COACHES

 **PHYSIOTHERAPIST ASSIGNED FOR FOLLOW-UP DURING THE STAY**

SPORTS INSURANCE AND ACCIDENT MANAGEMENT





FUTUREXI

1. RESPONSIBILITIES OF GIRONA FC



**FULL BOARD ACCOMMODATION AT
LES HORTES RESIDENCE**

**BASIC TRAINING KIT &
DAILY LAUNDRY SERVICE**



**1-2 STUDY HALL DAYS AND
ACADEMIC SUPPORT**

SPORTS AND MEDICAL TRANSFERS



RESIDENCE OPEN 24/7

**MEAL PLANNING REVISED BY
GFC NUTRITIONISTS**





3. WEEKDAYS

GENERAL SCHEDULE*

MORNINGS		AFTERNOONS	
8:00 AM	BREAKFAST	3:00 PM	STUDY HALL (1-2 DAYS/WEEK)
09:45 TO 11:15 AM	TRAINING WITH GIRONA FC COACH (4-5 DAYS/WEEK)	5:00 PM	TRAINING WITH ACADEMY TEAM (2-3 DAYS/WEEK)
1:50 PM	LUNCH	9:00 PM	DINNER
2:15 PM	REST TIME	10:00 PM	BED TIME

*The schedule can be modified depending on the different necessities





FUTUREXI

4. WEEKENDS

ACTIVITIES



**WATCHING ACADEMY
GAMES**



**LA LIGA FIRST
TEAM GAMES**





5. HOW IS LIFE IN THE RESIDENCE?

HEALTHY DIET



PLANNED MENU



FOCUSED ON PERFORMANCE



AVAILABLE HEALTHY OPTIONS

STUDY



ACADEMIC SUPPORT

PRIVILEGED LOCATION



CLOSE TO NATURE AND CITY LIFE
< 1H BY TRAIN TO BCN
±30 MIN BY BUS TO COSTA BRAVA

TASKS



INDIVIDUAL RESPONSABILITIES FOR PRIVATE AND SHARED SPACES



CONTRIBUTION TO RESIDENCE FUNCTIONING

READY TO JOIN US?

ACADEMY 360
2024 - 2025



FUTUREXI