



Welcome to Club Esportiu Sports Lab @ Escola Global.

As parents, you have many choices to make in the enrichment of your children, and a broad range of programmes to choose from. We are honoured to be your choice.

We firmly believe that out-of-school physical activity is a basic pillar for the correct physical, social and cognitive development of boys and girls.

The following pages will answer your questions regarding the nature of our programme and procedures.

Your input is encouraged, and you are always welcome. We recognise you as your child's first teacher, and we hope to work together in providing extracurricular activities that meet the developmental and recreational needs of your child.

If you have questions, comments, or concerns, please don't hesitate to contact:

Iván Campos
C.E. Sports Lab coordinator @ EscolaGlobal
clubesportiusportslab@gmail.com

OUR LTAD SPORTS PROGRAM

Club Esportiu Sports Lab sports programme is based on the LTAD (Long Term Athlete Development) model which has been developed based on the research of the Canadian Sport Centres LTAD expert group.

At the early stages of development, it is imperative that sport development programmes are designed around critical periods of accelerated adaptation to training.

These periods of development represent the time when children are ready and able to develop fundamental sport skills and abilities such as running, jumping and throwing. In addition, they are able to improve their speed, agility and balance, which are related sport skills that will serve them well in track and field as well as in other sports.



A lack of fundamental motor skills may mean the difference between a day on the couch versus a day at the soccer pitch.

Establishing a core set of motor skills early in life enables children to gain a sense of achievement and establish a positive relationship with sport and physical activity. Successful and positive experiences with sport at a young age, coupled with the acquisition of transferable sports skills, will enable children to become proficient in a number of different sports.

OUR CHESS CLUB

Through chess, students improve their general learning skills, learn important social/interactive skills, and an important array of intellectual skills. Fully qualified instructors will provide exciting chess lessons and tournaments matching your child's knowledge of the game.

OUR FOOTBALL CLUB

At our after-school football club children will learn the fundamentals of football in a fun, pressure-free environment. Each training session will be based on a specific theme including dribbling, passing, shooting and much more. They will contain fun drills, 1v1s and plenty of matches.



WHEN AND WHAT?

From C.E. Sports Lab @ Escola Global we have taken in account which days our students have P.E. lessons at school to add extra sport into their weekly planning and to avoid parents having to drive and rush. So, all students will be under their coaches or coordinator supervision as from 4 p.m. Activities will start at 4:15 p.m. and will finish at 5:15 p.m. Here is our planning:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 - 17:15	CHESS 1	Building the engine Years 7 +	The FUNdamentals Years 2 + 3	Learning to train Years 4 + 5 + 6	
	CHESS 2	Football Years 4 + 5 + 6	The active start Nursery 2 + Reception + Year 1	Football Years 2 + 3	
				The active start Nursery 2 + Reception + Year 1	

STARTING DATE: Monday 12th September 2022

FINISHING DATE: Friday 16th June 2023

***Please note that there will be no Extra-curricular Activities during school holidays.**



ENROLMENT AND PAYMENT:

C.E. Sports Lab @ Escola Global will only reserve a place for your child when we have received the inscription (via Google form: via the following link: [C.E Sports Lab](#) or by paper) and payment is made. The classes will be paid monthly, always before the 5th of each month.

Payments can be made by cash in a sealed envelope marked with their name and activity or by bank transfer to the following account number indicating child's name and activities joined:

CLUB ESPORTIU SPORTS LAB

IBAN Nº: ES33 2100 0773 6402 0028 5604

How many clubs is your child joining?	Cost / Month
1 Club	45 €
2 Clubs	65 €
3 Clubs	85 €

* "The active start, Nursery 2 + Reception + Year 1" club can be joined once or twice a week. The price for 1 day a week is 45€ / month, and 2 days is 65 € / month. Please indicate which day or days your child will join.

For example: Pedro López . "The active start" Wednesdays and Thursdays.

**Over the school year, the club will join other activities organised by the Consell Insular de Mallorca. These could happen on weekends and they become a great opportunity for both parents and children to get together and share time doing sports.

ALWAYS OPEN TO NEW CLUBS, SUGESTIONS AND COLABORATIONS

Please drop us an email at clubesportiusportslab@gmail.com if you have new and fresh ideas to improve our clubs and/or if you would like to cooperate with us.



**C.E. SPORTS LAB @ ESCOLA GLOBAL
AFTER SCHOOL SPORT ACTIVITIES**

