

EHE
ELIXIR HARMONY ENGAGEMENT
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EHE SPORT ACADEMY

Discover a comprehensive journey in the realm of basketball and sports: a 360° personalized experience for young men and women aged 14 and older, facilitated by specialized coaching, high-quality sports and nutritional education, and an emphasis on emotional well-being. Participants will receive attentive and professional guidance in every aspect of their experience.

"A journey both on and off the court!"



play
itas

Free your mind



EVENT CALENDAR

LAS PLAYITAS

From June 19 to June 26, 2025,
at La Playitas Resort 4*

€ 990,00

Fuerteventura, Canary Islands, Spain

Fuerteventura is one of the Canary Islands situated in the Atlantic Ocean, renowned for its unspoiled beaches, crystal-clear waters, and temperate climate throughout the year. The island's diverse landscape, ranging from sand dunes to extinct volcanoes, provides an exquisite blend of untamed nature and relaxation. It serves as an ideal destination for sports enthusiasts as well as those in pursuit of tranquility, stunning vistas, and a laid-back ambiance.



THE PRICE INCLUDES:

- **Full board**
- Airport and hotel round-trip transfers
- EHE Sports Academy Participation Kit
- Utilization of sports facilities in accordance with the daily schedule.
- Nationally certified personnel
- Conducting training sessions and activities in English, along with an initial introduction to the Spanish language.
- Masterclasses and video conferences featuring industry experts, including coaches, personal trainers, and athletes.
- Certificate of Participation
- On-site support
- Logistical and organizational assistance from the moment of joining the Camp through the group WhatsApp chat.

THE PRICE EXCLUDES:

- Flights a/r
- Additional meals and beverages
- Insurance
- Everything not referenced in the price includes

PLEASE NOTE: THE CAMP WILL BE CONFIRMED UPON REACHING THE MINIMUM NUMBER OF PARTICIPANTS.

MOTIVATION AND GOALS



CONCENTRATION AND MENTALITY

The goal is to teach kids to pursue their goals with consistency and discipline, without being influenced by fears, pressures or distractions. This approach aims to develop a solid mindset, capable of adapting to any situation, which prepares them to overcome challenges in a resilient and proactive way, both in sports and in life. Building this winning mentality therefore becomes a fundamental tool for facing every playing field, internal and external, with awareness, confidence and calm.



SPORTS ACTIVITIES

Daily training and play programs are carefully and precisely designed, with careful attention to detail to maximize the effectiveness of each session.

Each activity is aimed at developing technical, tactical and physical skills, creating a continuous and well-structured growth path. We work on the development of individual technique and movements, with particular attention to team vision and the distribution of roles on the court.

Healthy competitions, tournaments, and group activities are designed not only to challenge kids, but to help them work together as a team, developing a sense of collaboration, respect, and camaraderie.

Each experience, both individual and collective, is aimed at stimulating the constant improvement of personal skills and promoting balanced sports growth, which helps them become more complete athletes and, at the same time, strengthen their character and self-esteem.

TOOLS FOR LIFE

SPORTS CULTURE

The aim is to explore in depth all the facets that the world of sport has to offer, taking into consideration every aspect and role, even those that are often not at the centre of attention. It is not just about training technical skills, but also understanding the importance of the various roles that contribute to the success of a team, such as logistical support, management and communication. This approach allows children to develop a global vision, which goes beyond simple sports competence, also promoting character and emotional growth. Through this comprehensive experience, young athletes gain greater awareness of their potential, learn to manage challenges and work in a team, thus developing qualities that will accompany them both in sport and in everyday life.



STAFF

Our team is made up of professionals with diverse and complementary experiences. From technicians to coaches, from sports managers to personalized coaches, logistics, organization, communication and training professionals, up to masterclasses. They work together, combining skills and passion, to create a positive, professional, specialized and well-organized environment, with the aim of offering the kids a complete and enriching experience from every point of view.

HEALTHY E WELLNESS

In this experience, we place a strong emphasis on the importance of a healthy diet, which supports physical and mental well-being, integrating it into a sporting environment that promotes values of health and balanced growth.

We create a space where eco-sustainability is at the center of our daily practices, respecting the environment through concrete actions that reduce the ecological impact.

Every aspect of the experience is designed to teach kids the importance of taking care of their bodies and the world around them, so they can grow as aware and responsible athletes, not only for their own actions, but also for the environment in which they live and train.

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For information and reservations:

+34 642700871 Calls and Whatsapp

+39 338 26 31 410 Whatsapp

eheftv@gmail.com

Luca Fontana (CEO)

Follow us on Instagram

 [elixirharmonyengagement](https://www.instagram.com/elixirharmonyengagement)

