

SCIROCCO TF

TRACK &  
STRENGTH  
EXPERIENCE





# WELCOME TO SCIROCCO TF

**Scirocco TF** is located in Southern Spain, where the perfect climate reigns 12 months a year.

This land was first colonized by the Phoenicians who have been brought here by the warm Scirocco wind.

They were extremely goal-oriented. *As Scirocco.*

They invented the first alphabet, marking the need for clear communication. *As Scirocco.*

They were the best sailors on the planet, with no fear of leaving home to discover new horizons. *As Scirocco.*

They never felt as a unique nation, but have always been united to achieve greater goals. The most cosmopolite team ever existed. *As Scirocco.*

Phoenicians were known for their out-of-the-scheme purple tint, the *Phoenician Purple*. A vivid colour fighting with darkness and anonymity.

**As Scirocco.**





# THE TRACK THE GYM

## ESTADIO FRANCISCO BONET

Calle Puerto de la Cruz, 3  
18690 Almuñécar, Granada - SPAIN

8 lanes 400m ring, located at less than 300m from the coast line.

Find it on Google Maps:  
<https://goo.gl/maps/jYjRSizrXYUJonCSA>

## OLYMPIA PT STUDIO

Calle Cariñena, 11  
18690 Almuñécar, Granada - SPAIN

Fully equipped studio to allow Strength & Conditioning activities in the best and safest conditions.

Find it on Google Maps:  
<https://goo.gl/maps/Lhb3UcwBwJUQydTH7>





# THE HOTEL

## **HOTEL BAHIA ALMUNECAR \*\*\*\***

Avenida del Rey Juan Carlos I, 9  
18690 Almuñécar, Granada - SPAIN

Find it on Google Maps:  
<https://goo.gl/maps/1aKK7A1v7Li4bmwD6>

Visit the website:  
<https://hotelbahiaalmunecar.es/>

Hotel Bahia Almuñécar boasts 104 rooms (standard, suite and special needs), laid out within 8 floors.

It is in a privileged location in the heart of the city centre of Almuñécar, just 150m, from the biggest beach, Puerta del Mar (Fuentepiedra).

The facility offers a swimming pool, solarium, cafeteria, summer terrace, spa, solarium, restaurant and much more.

SPA services are not included in the prices shown.



# THE COSTS

## ACCOMODATION, MEALS AND ENTRANCE TO THE FACILITIES

### 89€/DAY

#### INCLUDES

- Single Room in \*\*\*\* hotel
- Full Board (*Breakfast, Lunch and Dinner*)
- Track entrance fees, *2 hour/day*
- Gym entrance fees, *1 hour/day*

## ADDITIONAL SERVICES

#### COACHING

(Go to page 6)

#### TESTING

(Go to page 7)

#### SPORT THERAPY

**49€/SESSION**

- Musculoskeletal Ultrasound
- Dry Needling
- Percutaneous Neuromodulation
- Percutaneous Electrolysis Therapy
- Osteopathy
- Shockwave treatment
- Kinesio- or neuromuscular taping

#### TRANSFER FROM/TO AIRPORT

**125€/TRIP**

#### FLAT/APARTMENT RESEARCH

(On Demand)

Prices valid until 30/APR/2022, except 24-25/  
DEC, 31/DEC, 14-16/APR/2022.

Scirocco for a brighter future.  
www.alessandrovigo.com



# COACHING PACKAGES WITH ALESSANDRO VIGO

All prices shown include:

- Track entrance fees
- Gym entrance fees

With the word *guest* we include athletes, coaches, therapists and other staff members.

## ¿LONGER PERIOD OR FULL SEASON?

Are you planning a full season in southern Spain?

Get in touch with us at

[hello@alessandrovigo.com](mailto:hello@alessandrovigo.com) to tell us more and  
get a specific quotation for your request.



## SCIROCCO TF COACHING (TRACK/GYM)

# 50€/HOUR

## GROUP/TEAM

Special prices are applicable for groups and teams in need of coaching by the Scirocco TF team. Cost applies to athletes, coaches and technical staff taking part in the session.

N. of People	TOTAL/hour	Cost per Person/hour
1	€ 50	€ 50
2	€ 90	€ 45
3	€ 120	€ 40
4	€ 140	€ 35
5 or more	€ 150+	€ 30

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# TESTING PACKAGES

**TO GET FULL ADVANTAGE OF YOUR SCIROCCO  
TF EXPERIENCE, YOU CAN COMPLETE IT BY  
CHOOSING FROM OUR ADDITIONAL TESTING  
PACKAGES THAT WE CAN OFFER FOR YOU:**

## **LACTATE TEST**

\* Do you know at what speed you should run your longer runs, or your intervals, to get optimum training results? During your stay we can do lactate measurements from different types of training runs.

## **ELECTRIC TIMING AND HIGH FPS VIDEO**

\* With our wireless electric timing system, race analyzer and high speed video filming we can accurately evaluate your current performance level in speed (acceleration and maximum velocity phases) or speed endurance runs with or without hurdles, gaining insight into many variables way beyond normal timing analysis.

## **FORCE/VELOCITY ANALYSIS**

\* To get a better idea of your training needs in the area of strength and power, with our linear encoder we can measure bar speeds and power in different strength training exercises and with our infrared grid we can dig even deeper into your neuromuscular systems current abilities by analyzing some of your jump test results (for example squat jump, counter movement jump, drop jumps from different heights, load jumps).

## **GOLD<sup>+90€</sup>**

SCIROCCO GOLD testing package includes all three areas of testing and costs 90 euros.

## **SILVER<sup>+70€</sup>**

SCIROCCO SILVER testing package includes the lactate measurements AND either the speed/speed endurance tests or the strength and jumps tests and costs 70 euros.

## **BRONZE<sup>+50€</sup>**

SCIROCCO BRONZE testing package includes the lactate measurements OR speed/speed endurance tests and strength and jump tests. It costs 50 euros.



# SCIROCCO TF MOMENTS







# ADDITIONAL INFO



## AIRPORT & AIRLINES

The nearest airport is Malaga (AGP), 90km away.

It is an important Airport for Spanish tourism as it is the main international airport serving Costa Del Sol. Malaga Airport is a hub for **Easyjet**, **Ryanair** and **Vueling**.

## COVID-19

All athletes must comply with Spanish rules and regulations. All athletes must hold a Covid-19 Green Pass at the moment of travelling or comply with the current PCR normative.

In the unfortunate event of you testing positive to Covid-19, we will refund 100% of the cost if you provide us with an official document that confirms your positivity to Covid-19.

## REFUNDS

The following percentages will be reimbursed in relation to the date of cancellation:

- 28 DAYS: 90% of the paid price,
- 21 DAYS: 65% of the paid price,
- 14 DAYS: 40% of the paid price,
- 7 DAYS: 15% of the paid price.

In case of cancellation by the organizer, 100% of the paid price will be refunded. Refunds DO NOT include flights or any other cost not directly paid to [alessandrovigo.com](http://alessandrovigo.com).

## RESPONSIBILITY

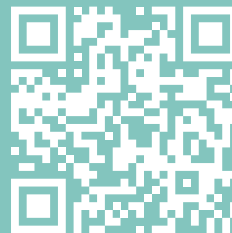
All participants are totally responsible for their health and safety. In the case of participants minor of age, the responsibility falls on parents or guardians.

The organization declines all responsibility for any other event that may occur during the period of stay.



LET'S STAY  
IN TOUCH.

THE FUTURE  
IS BRIGHT.



# BOOKING & CONTACT

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