



ECES LTD CYPRUS

AYIA NAPA LIKE A PRO

**SPRING & SUMMER
SOCCER CAMP FOR U.S. ATHLETES**



ABOUT US



We are an innovative sports company which uses a holistic approach to athlete development and sustainability. We use the latest technology, training, expertise, and solutions to improve prevention, skill, and performance levels.

OUR VISION OUR FOCUS

Our "Like a Pro" Ayia Napa camps provides a pathway for American athletes to train and visit Cyprus. Our aim is to provide youth, high school, team and collegiate athletes with the opportunity to experience a professional and a science based preseason camp while preparing the athlete's physical and mental ability for the upcoming season.

Preseason camp is a time where athletes can focus on improvement, preparation, and developing the right mindset to achieve their goals in the upcoming season. Coaches and trainers aim to educate, improve, and develop the the individual while creating new habits in the process.

We assist teams and coaches looking to prepare for the upcoming season by offering updated training methods, technology, and guidance for the two-week camp in accordance to the coach's demands.

REASONS TO VISIT AYIA NAPA

- Visit a jewel in the Mediterranean which is one of the top tourist destinations in Europe.
- Enjoy the golden beaches and sea as one of the cleanest in Europe.
- Visit historical, religious and cultural sites found on the island.
- Enjoy lively entertainment offered by Ayia Napa.
- Enjoy the amazing local cuisine the island offers.
- Enjoy the 5-star quality service wherever you go.
- Enjoy the local hospitality and safety Ayia Nap provides.
- Experience different cultures and people from all over the world.

REASONS TO ATTEND OUR SOCCER CAMP

- Improve your decision making and speed of play through correct coaching techniques.
- Prepare with elite exercise physiologists for the new season.
- Train twice a day with elite performance, technical, and tactical coaches who have the knowledge and experience in improvement and development.
- Work within the biological and chronological development process. Experience preseason as performed in professional development clubs.
- Reach maximum performance outputs like never before.
- Monitor, develop and improve on all aspects of on field related performance and technical ability before the new soccer season.
- Our objective data, training methods and science related workloads allow athletes to improve continuously.

ATHLETE ASSESSMENTS



Technical Ability



Cognitive



Biomechanical
MSK
Strength

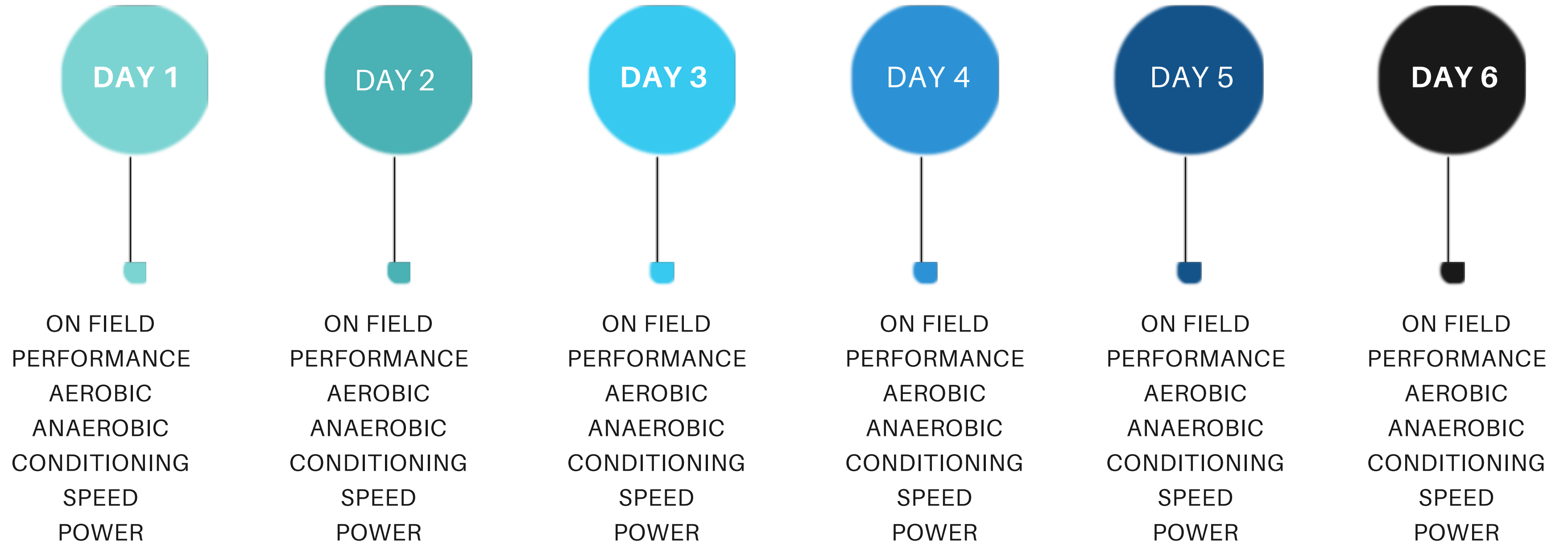


Fitness
Speed
Agility

TRAINING SESSION 1

7 AM PERFORMANCE

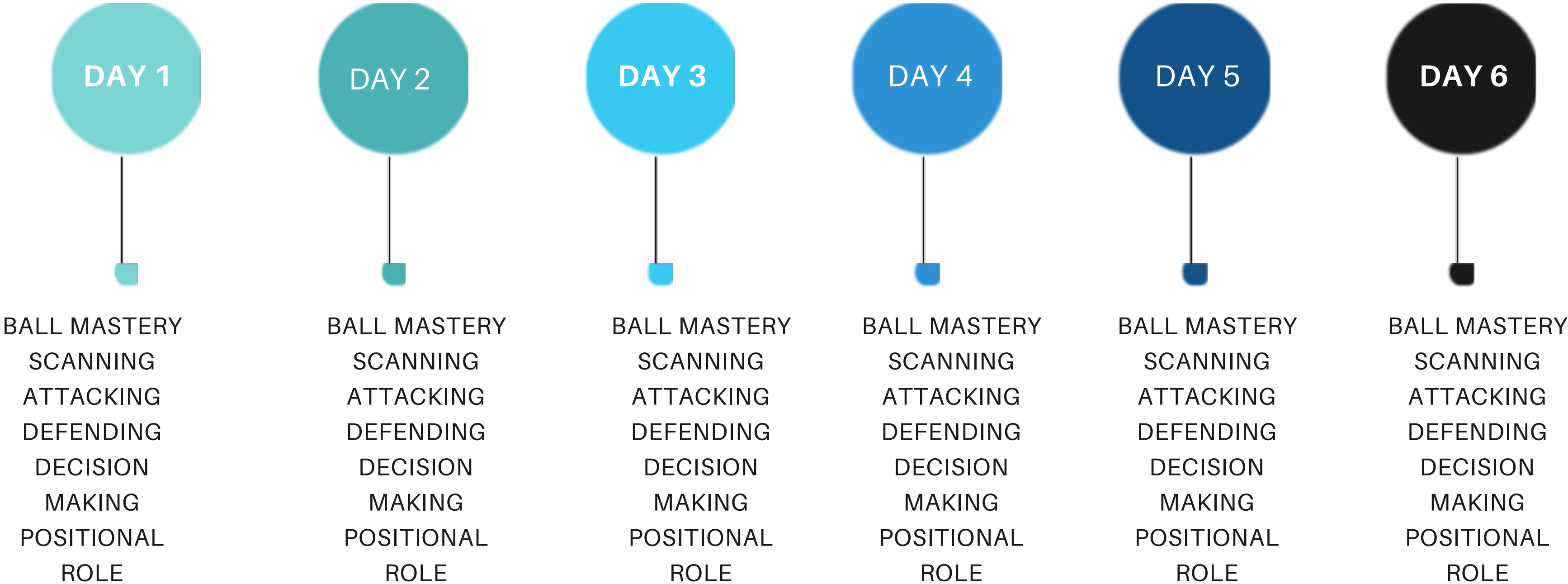
OUR EXERCISE PHYSIOLOGIST WILL DETERMINE INDIVIDUAL DAILY TRAINING LOADS BASED ON ATHLETE ASSESSMENTS AGE AND LEVEL



TRAINING SESSION 2

6 PM TECHNICAL ABILITY AND INDIVIDUAL TACTICAL POSITIONING

A COMPLEX PROGRESSION FOCUSED ON INDIVIDUAL STRENGTHS AND WEAKNESSES



SCHEDULE WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
ATHLETE ASSESSMENTS	7 AM TRAINING SNACK	7 AM TRAINING SNACK	7 AM TRAINING SNACK	7 AM TRAINING SNACK	7 AM TRAINING SNACK
FITNESS ASSESSMENTS	9:30 AM BREAKFAST	9:30 AM BREAKFAST	9:30 AM BREAKFAST	9:30 AM BREAKFAST	9:30 AM BREAKFAST
SKILL ABILITY ASSESSMENTS	REST AND FREE TIME	REST AND FREE TIME	REST AND FREE TIME	REST AND FREE TIME	REST AND FREE TIME
MSK BIOMECHANICAL STRENGTH ASSESSMENTS	1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING	1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING	1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING	1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING	1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING
COGNITIVE ASSESSMENTS	6 PM TRAINING	6 PM TRAINING	6 PM TRAINING	6 PM TRAINING	6 PM TRAINING
SPEED ASSESSMENTS	8: 30 PM DINNER FREE TIME TILL LIGHTS OUT	8: 30 PM DINNER FREE TIME TILL LIGHTS OUT	8: 30 PM DINNER FREE TIME TILL LIGHTS OUT	8: 30 PM DINNER FREE TIME TILL LIGHTS OUT	8: 30 PM DINNER FREE

RECOVERY DAY & EXCURSIONS DAY 7

8 AM	8:30	10:30	12:30	8:30	
BREAKFAST	AQUA RECOVERY	MEDUSA CRUISE AROUND THE ISLAND	WATERSPORTS	DINNER	
	CRYOTHERAPY	LUNCH PROVIDED	BEACH		
	STEAM		REST AND FREE TIME		
	JACUZZI				
	SAUNA				
	AQUA RUNNING AND BICYCLE				



TRAINING FACILITY

GYM

RESTAURANT

MEETING ROOM

18 SOCCER FIELDS

LOCKER ROOMS

Over the years, F.C Copenhagen, Dynamo Kiev, Dynamo Moscow, CSKA Sofia, FC Malmo, Austria Vienna FC, and various elite clubs choose Ayia Napa as their training destination for preseason camp.

Teams that have qualified for the U17, 2024 Euro Championship hosted in Cyprus next year, will be using our facility to prepare while competing in the tournament.



OUR ACCOMMODATIONS

LOCATION

ATHLETES WILL STAY AT THE 4 STAR NICHOLAS COLOR HOTEL LOCATED IN THE CENTRE OF AYIA NAPA.

ROOM AND BOARD

2 ATHLETES PER ROOM

ALL INCLUSIVE

3 MEALS PER DAY AS DICTATED BY OUR NUTRITIONIST



Adults in hotel supervision

A WIDE VARIETY OF FUN THINGS TO DO



...your
Sea Story

BOOK ONLINE

MEDUSA
CRUISES

A circular graphic with a white border. The top half features a blue sky and the text "...your Sea Story" in a blue script font. Below this is a white button with the text "BOOK ONLINE". The bottom half shows a white cruise ship on the ocean. At the bottom, an orange rounded rectangle contains the text "MEDUSA CRUISES" in white.

WWW.MEDUSACRUISES.COM



Professional
service

SCUBA DIVING

A circular graphic with a white border. The top half shows a scuba diver underwater next to a large stone statue. The text "Professional service" is overlaid in white. At the bottom, an orange rounded rectangle contains the text "SCUBA DIVING" in white.

WWW.IPADIVERS.COM



PARASAILING

A circular graphic with a white border. The top half shows three people parasailing on a red canopy against a blue sky. At the bottom, an orange rounded rectangle contains the text "PARASAILING" in white.



WATERSPORTS

A circular graphic with a white border. The top half shows people on inflatable tubes being pulled by ropes on a blue body of water. At the bottom, an orange rounded rectangle contains the text "WATERSPORTS" in white.

CAMP PACKAGE INCLUDES

4 STAR HOTEL



**ROOM AND BOARD FOR
14 NIGHTS**

INCLUDES 3 MEALS A DAY
ALL INCLUSIVE



AIR FARE

ROUNDRIP
TICKET



TRANSPORTATION

TO AND FROM THE
TRAINING FACILITY - 8
MINUTE DRIVE



LAUNDRY SERVICE

ONE TIME PER WEEK



EXCURSIONS

2 EXCURSIONS
WILL BE INCLUDED
ON OUR DAY 7



TRAINING

TRAINING - 2 SESSIONS PER
DAY, RECOVERY, WATER,
TRANSPORTATION, TRAINER



AQUA RECOVERY

WELLNESS AND SPA
RECOVERY DAY



MEDICAL SUPERVISION

FIRST AID AND MEDICAL
SUPERVISION WILL BE
PRESENT AT ALL SESSIONS



INSURANCE

INSURANCE FOR
ATHLETES IN
CYPRUS

CAMP MODEL 2024

Number of spots available

8-10 Athletes to 1
Trainer



CAMP DATES 2024

SPRING BREAK Thursday March 28 - Saturday April 6, 2024

Cost per Student Athlete 10 day camp



Adult

1 or 2 adults



High School

50 % will be female



College

50 % will be male

euro 2,200

Please contact our travel agent located in Chicago for airfare

CAMP DATES 2024

SUMMER CAMP Monday July 1 - Monday July 15, 2024
Tuesday July 16 - Tuesday July 30, 2024

Cost per Student Athlete 15 day camp



Adult

1 or 2 adults



High School

50 % will be female



Collegiate

50 % will be male

euro 3,300

Please contact our travel agent located in Chicago for airfare



Isa Cook - Division 1



"I fell in love with Cyprus, the people, the food, the culture and mentality of the island. I am truly sad I have to leave but I am in the best shape of my life and ready to dominate."



Enzo Santillan - Senior



"I am so happy I came to Cyprus. The training was nothing like I have ever done in the U.S. The trainers were amazing and I just improved to the point where I am so confident."

WHAT THEY SAY





Shalyn Pryor - Division 1



"The training was unbelievable. It was hard at the beginning but I improved so much by the end of the camp. I really enjoyed my experience in Cyprus."

Heather Santillan

"An incredible life changing experience for any soccer athlete looking to fine tune, push through, develop confidence and experience an international way of training. Each player is individually challenged, held accountable to their potential and given the tools to explode as an athlete, teammate and more as an individual. To recommend this over and over again doesn't justify this experience on and off the field."



WHAT THEY SAY





Our Experience

Professional Men's Soccer Teams

College Camps

High School Camps

Professional Development Clubs

Women's Soccer



A Word from Our Directors & Trainers



“It is highly important to have our college and high school athletes experience a preseason camp with sports scientists and high level coaching multiple times a day. The camp is challenging but very rewarding as your mind and body adapt to the necessary workloads needed for the upcoming season.

Our camp gives athletes and their parents the opportunity to explore and experience the amazing island of Cyprus. We want our visitors to experience a completely different culture to which they are accustomed to, and to gain soccer and life experiences that will better them as people and athletes.”

Nick Kounenakis



“Our camp allows U.S. athletes to visit our beautiful island and experience something unique. I was very happy to see them enjoy our camp and their stay in Cyprus. We will continue to provide the highest levels of training, nutrition, prevention, and support to all athletes. We want our visitors to feel the difference and be stronger, fitter and more confident by the time they leave.”

Demos Goumenos

Technical Director

Ex Professional Soccer Player



“ It was a great experience for the athletes who joined us for our preseason camp. I worked on various aspects such as technical ability, scanning, decision making while our aim was to improve their understanding and reaction to game like situations. I was very happy to see their improvement by the end of the camp as the athlete’s had managed to change habits and adapt to the intensity that is required.”

George Chajigeorgiou
Head Technical Coach

Awarded Best Youth Coach of the Year by the National Federation



“Preseason camp is the foundation for the upcoming season. Our priority is to screen our athletes. In this way we find a baseline to determine the fitness workloads needed for our training. The athletes struggled to reach the necessary times in the beginning but gradually got fitter, stronger and more confident. The transition was what we were looking for. By the end of the camp, all our athletes had a better outlook on nutrition, training, recovery, and work ethic.”

Sports and Exercise Physiologist
George Christou



Demos Goumenos
Technical Director



Heather Santillan
Ayia Napa Camp Admin
Chicago, Illinois

OUR TEAM

ABOUT ECES



Nick Kounenakis
Director of ECES

[Read more](#)



George Goumenos
Head of Business
Development Cyprus



DEPUTY
MINISTRY OF
TOURISM
REPUBLIC OF CYPRUS



Thank You

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