



# BELGRADE DRAGONS ACADEMY

## Belgrade Dragons activities program

### **#1. day:**

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- Welcoming and greeting the players upon arrival at the ``Nikola Tesla`` international airport
- Assigning players to their apartments
- Traditional Serbian lunch
- A physical examination: which the player will be subject to, not unlike those done for professional sports players and include a cardiac stress test (CPX), an advanced blood analysis test and a body composition analysis . After a physical examination we will have complete information concerning the health condition of the player as well as his capacity to withstand the most extreme pressure in a cardiac sense. This information is critical for developing a successful training program.
- A ceremonial dinner in order to welcome and greet the players



### **#2. day:**

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**\* Testing the abilities of the players (physical, technical and tactical). Based on the acquired results team of coaches will create a training program according to the needs and capability of each individual.**

- Breakfast
- Training at the running track
- Extracurricular activities
- Lunch
- Getting to know the surrounding area of the apartments where the players will be accommodated
- Practice at an indoor basketball court
- Dinner



### **#3. day:**

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- Breakfast
- Training at the gym
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- Dinner



#### **#4. day:**

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- Breakfast
- Training at the running track
- Training at the swimming pool
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- An evening tour of the city
- Dinner



#### **#5. day:**

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- Breakfast
- Training at the gym
- Lunch
- Extracurricular activities
- Practice with a team at an indoor basketball court
- Dinner



#### **#6. day:**

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- Breakfast
- Training at the running track
- Extracurricular activities
- Lunch
- Practice at an indoor basketball court
- Dinner

#### **#7. day:**

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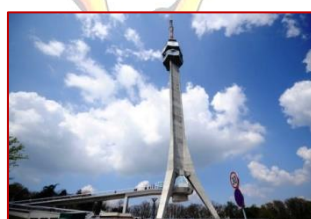
**\* Relax day – A day focused on relaxing the players where they will be involved in moderate intensity training and activities. Emphasis will be placed on relaxing the players and allowing for extracurricular activities.**

- Breakfast
- Training at the swimming pool
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- Extracurricular activities
- Dinner

### **#8. day:**

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- Breakfast
- A trip to Mount Avala – where the practice of physical training will be held, specially developed and adapted for this particular location.
- A tour of the important and memorable sites on Mount Avala – including one of the main symbols of Belgrade , The Avala Tower, which is at a height of 120 meters above ground-level, allowing for breathtaking views of the entire city of Belgrade and its surrounding area.
- Lunch on Mount Avala at a traditional Serbian mountain restaurant
- Practice at an indoor basketball court
- Dinner



### **#9. day:**

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- Breakfast
- Training at the gym
- Extracurricular activities
- Lunch
- Practice at an indoor basketball court
- Dinner

### **#10. day:**

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- Breakfast
- Training at the running track
- Training at the swimming pool
- Extracurricular activities
- Lunch
- Practice at an indoor basketball court
- Massage – a relaxing massage of the entire body performed by a professional sports masseur to relax the muscles of the player and prepare him for the upcoming period
- Dinner



### **#11. day:**

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- Breakfast
- Training at the gym
- A trip to Novi Sad – the second largest city by population and one of the most important cultural centers in Serbia. It is announced to be the Cultural Capitol of Europe in the year 2021.
- Sightseeing the city
- Lunch on the Petrovaradin Castle with a beautiful view of the city itself and the Danube river
- Return to Belgrade in the afternoon hours
- Relax
- Practice at an indoor basketball court
- Dinner



### **#12. day:**

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- Breakfast
- Training at the running track
- Extracurricular activities
- Lunch
- Practice with team at an indoor basketball court
- Dinner

### **#13. day:**

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- Breakfast
- Training at the gym
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- An evening toure of the city – a cruise on a boat along the Danube and Sava rivers
- Dinner



### **#14. day:**

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**\* Relax day – a day focused on relaxing the players with a training session of moderate intensity at a swimming pool in order to prepare them for their first match witch will be held in the evening hours**

- Breakfast
- Training at the swimming pool
- Extracurricular activities
- Lunch
- Relaxing prior to the match
- The match – a very important aspect of the player`s preparation period, giving an insight on the amount of progress achieved, what needs to be improved and for players to gain experience in competing with Serbian basketball players. Every match is recorded on video in order to be analyzed in detail by the players along with the coaches of the academy. All recordings of the matches will be given to the players via USB card.
- Dinner

### **#15. day:**

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- Breakfast
- Practice of physical training which will be held at Belgrade's largest recreational center, Ada Ciganlija.
- Extracurricular activities at Ada Ciganlija – Ada is the most highly visited area of Belgrade during the summer, because it offers visitors a large number of activities and attractions. It is possible to swim in the lake itself, relax in one of many cafés, enjoy bike riding, bungee jumping, open courts for basketball, soccer, beach volleyball and many other interesting activities
- Lunch at an exquisite traditional Serbian restaurant which is located in a natural oasis at the heart of the lake itself
- Practice at an indoor basketball court
- Dinner



### **#16. day:**

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- Breakfast
- Training at the gym
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- Analysis of the match – the professional team of academy together with the players will analyze the match in detail, specifically focusing on the game play of each individual
- Dinner

### **#17. day:**

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- Breakfast
- Training at the running track
- Training at the swimming pool
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- Dinner

### **#18. day:**

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- Breakfast
- Training at the gym
- A trip to Vinca – an archeological site, where they have discovered the remains of one of the largest known prehistoric civilizations which existed in the area around 5000 B.C. , a monastery from the 15th century and a visit to the museum of archeological discoveries that date over 5000 years B.C.
- Lunch at traditional Serbia restaurant
- Extracurricular activities
- Practice at an indoor basketball court
- Dinner



### **#19. day:**

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- Breakfast
- Training at the running track
- Extracurricular activities
- Lunch
- Practice with a team at an indoor basketball court
- Dinner

### **#20. day:**

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- Breakfast
- Training at the gym
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- Massage
- Dinner

### **#21. day:**

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**\* Relax day – a day focused on relaxing the players with a training session of moderate intensity at a swimming pool in order to prepare them for the match which will be held in the evening hours**

- Breakfast
- Training at the swimming pool
- Extracurricular activities
- Lunch
- Relaxing prior to the match
- The match
- Dinner

## **#22. day:**

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- Breakfast
- A trip to Bela Stena – an island on the Danube river which is reached by motor boats offering a fantastic feeling of adventure. The island itself is characterized by untouched nature and a sandy beach, which is very convenient for specialized physical training on a sandy surface and which positively contributes to the training program
- Extracurricular activities on the island itself, swimming in the Danube river, the second longest river in Europe and enjoying the local bars along the beach...
- Lunch at traditional Serbian fish restaurant, located on the river itself thus offering a special experience
- Practice at an indoor basketball court
- Dinner
- Analysis of the match – the professional team of academy together with the players will analyze the match in detail, specifically focusing on the game play of each individual



## **#23. day:**

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- Breakfast
- Training at the gym
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- Dinner

## **#24. day:**

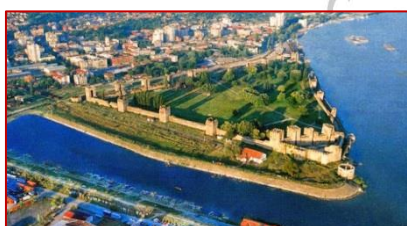
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- Breakfast
- Training at the running track
- Training at the swimming pool
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- Dinner

### **#25. day:**

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- Breakfast
- Training at the gym
- A trip to the famous Smederevo Castle – built in 1428. at the mouth of the Jazov and Danube rivers and is one of the major symbols concerning Serbian history. According to size it is one of the largest castles in Europe
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- Dinner



### **#26. day:**

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- Breakfast
- Training at the running track
- Extracurricular activities
- Lunch
- Practice with a team at an indoor basketball court
- Dinner

### **#27. day:**

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- Breakfast
- Training at the gym
- Lunch
- Extracurricular activities
- Practice at an indoor basketball court
- Dinner

### **#28. day:**

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**\* Relax day – a day focused on relaxing the players with a training session of moderate intensity at a swimming pool in order to prepare them for the match which will be held in the evening hours**

- Breakfast
- Training at the swimming pool
- Extracurricular activities
- Lunch
- Relaxing prior to the match
- Match
- Dinner



### **#29. day:**

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- Breakfast
- Training at the running track
- Extracurricular activities
- Lunch
- Practice at an indoor basketball court
- Massage
- Dinner
- Analysis of the match and an extensive expert analysis of everything accomplished during the player`s stay at the Belgrade Dragons academy

### **#30. day:**

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- Breakfast
- A trip to the city of Arandjelovac and the largest Aqua Park in Serbia. Relaxing after an intense period and a successfully completed training program
- Lunch
- Practice at an indoor basketball court – which will be moderate intensity, competitions based of speed of completing basketball drills, speed of shooting, 3 – point shooting, 3x3 basketball matches and many more, so as the players can finish in a good mood and one successfully accomplished training cycle.
- A ceremonial dinner to complete experience



### **#31. day:**

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**\* This day will be organized according to the time of the departure flight home**

- Breakfast
- Extracurricular activities
- Lunch
- Departure to the airport two hours prior to the scheduled return flight



\* Extracurricular activities are organized in agreement with the players and the crew of the academy and they may include: resting, socializing at cafés, a trip to one of Belgrade's beaches, a tour of interesting sites around Belgrade, a visit to the local shopping malls, attending various sports events and anything else the players might wish to do or see. Our crew will be at their disposal to help the players make their free time as interesting and enjoyable as possible.

\* Insofar as a player is a non swimmer, practice in pool will be replaced with different types of training programs, which will be equivalent to the training program designed for the pool.



BELGRADE DRAGONS

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