

# WELCOME TO SPERLONGA



BeachTravels are happy to have you here and we are proud to show you Sperlonga. Here are some “good to know” information for your week at the beach with us. But first of all, be sun smart! Make sure to use sunblock even on cloudy days, the sun is still strong!

## TRAINING

Your training will be at 9:00-10.30, 10:40-12:10 or 12:20-13:50 Sunday to Thursday. It's a rolling schedule so practice times change from day to day. To maximize the training time, we want you to be warmed up and ready at the time the training begins.

See the post in the Facebook group for more info about the training groups and our training philosophy (will be published Saturday evening).

## EXHIBITION GAMES

Swedish Jumpsetters Åhman/Hellvig will play the Swedish top players Anton Andersson & Viktor Jonsson on Wednesday at 17.00.

On Monday at 17.00 the 3-time Swedish Champions Thurin/Thurin takes on 2-time Swedish champions Tadvä Yoken and the fastest defender in the world, Sara Cavretti.

## OUR ARENA

Our arena is located on the Beach at the restaurant:

Grotto dei Delfini

Via angolo 24

04029 Sperlonga

## PHARMACY & HOSPITAL

If you are in need of hospital care or want something from the pharmacy these are the addresses you need:

**Hospital:** Hospital San Giovanni di Dio, Via S. Magno, 5, 04022 Fondi LT.

The staff in the lobby will help you order a taxi if you need to get to the hospital.

**Pharmacy:** Via A. Vespucci, 41, 04029 Sperlonga LT. A five minutes walk from the hotel. If you take the usual way to the beach, and when you are at the roundabout, look up left and you see the pharmacy further up the street





# DON'T MISS!



## **BEACH YOGA**

Morning Yoga is included for all participants (no previous knowledge required) and will be beside the arena at 8.00 to 8.30 on Monday, Tuesday and Thursday. For all yogis, we'll meet at 07:55 at the beach, bring your own towel.

## **A WELCOME DRINK AT THE SQUARE**

On Sunday at 20:30 we will have a welcome drink at charming square in the old city.

## **AFTER BEACH**

When the Monday tournament is completed, we get ready for After Beach. The music is turned up, happy hour in the bar and we hang out, play games and dance until the sun goes down.

## **SUNSET SESSION AT THE TOWER**

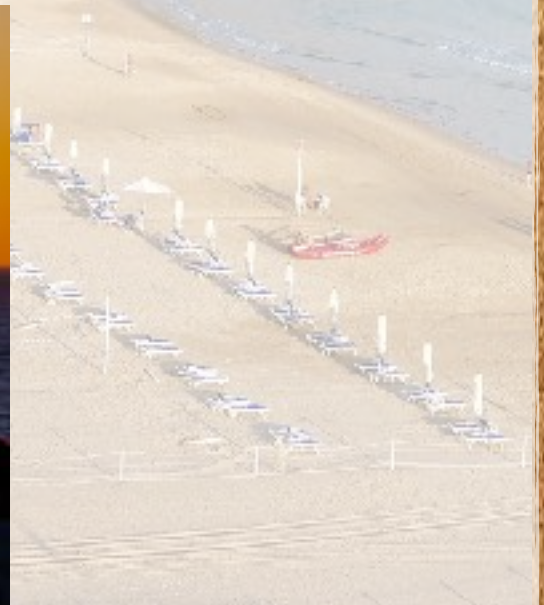
The beautiful tower we pass every day to the beach is a magical place to watch the sunset. Join us in the sunset session on Tuesday at 18:00 for some nice socializing and taking beautiful photos.

## **FESTA FINALE**

On Friday we celebrate being kick-ass on the beach during the past week by throwing a party! For those of you who want to eat Peppino will offer a simple, but nice, italian dinner + drink for 10 euros.

## **MEETING POINT FOR EVENING HANGOUT**

For those of you who want to socialize during the evenings we will meet in the bar at Hotel Aurora at 21:00.





# TOURNAMENTS



## AFTERNOON TOURNAMENTS

We have afternoon tournaments. Registration, (for free) at the Beach to Farsan Haglund.

### Sunday

Mixed Random Partner Tournament (coed)

RPT is a game type where you sign up individually. Before every game you will be randomly paired with a partner. The game is time limited. Sign up individually.

### Monday

King/Queen of the Court

Is played with 3 or 4 teams a court "Paradise style". Winner of the rally moves to the receiving side. You can only gather points on the receiving side. The game is time limited and the teams with most points move up the ladder. Sign up in pairs.

### Tuesday

Winners court Mixed (coed)

Teams are randomly placed on courts the first round. The following rounds the winners move up one court and the losers move down one. Sign up in pairs.

### Wednesday

Midweek HCP-tournament - A challenge for everyone!

It's a regular tournament where you may start with an advantage based on the match up. Handicap tournament based on your teams level. Sign up in pairs.

### Thursday

King & Queen

Four persons plays every combination of team to decide the groups ranking order. 1 or 2 players move to A-finals the others to B-finals. The procedure repeats until there is only one. Sign up individually.

### Friday

BeachTravels Trophy

BeachTravels Trophy is the big closing tournament of the week. The tournament is played in two different classes, Open and Challenger for both men and women. Team up with your partner and sign up before Thursday 14:00. Sign up in pairs.

**Looking for partner?** Show up 10 minutes before tournament start at the beach and we'll try to find you one!



# EAT AND DRINK



## WE RECOMMEND BOTTLED WATER

In the twenty years we have been out on competitions around the world, experience shows that it is a good idea to stay away from the tap water. Sperlonga are trying to limit the use of plastic (we love this environmentally friendly initiative) so the use of plastic bottles are restricted. Peppino (owner of the beach restaurant) has a water dispenser with filtered water, and you will get tokens down at the beach, use them to fill your bottle. Please collect one token at the time (1 token= 2 L).

## THE BEACH RESTAURANT

Our friend Peppino runs the Grotta dei Delfini, the restaurant next to the arena. This is where we get our water and where our AFTER BEACH and FESTA FINALE are held.

## PAYMENT FOR FOOD & DRINKS

To make things run smoothly for the restaurant, the best and fastest way is to get your personalized account. You have to register with your name and code. You load your account with as much as you want. You get a discount of everything at Peppinos of 5% if you load your account up to 149€, 10% 150-299€ and 15% if you load it with 300€.

## LUNCH OFFER

As a BeachTraveler you will have a special lunch offer at the beach restaurant. Salad, lunch of the day, dessert and coffee for 10 €. Enjoy your lunch with a great view over the courts and be ready for tournaments in the afternoon.



We are always welcome at Peppino's but we should bare in mind that the restaurant is also open to other guests. We will have to treat it with respect, keep our things collected and tidy and don't occupy tables without being there. There is a big blue BeachTravels tent at the beach. Feel free to use it for shadow and store your personal things.

At dinnertime you will have no trouble finding a nice place to eat in the cozy village.



# SEE AND DO



## HISTORY OF SPERLONGA

The Roman emperor Tiberius's summer house is in the cave that we glimpse from the beach with fantastic treasures from ancient Rome. In the late 1950s, these were planned to be shipped to a museum in Rome. City residents gathered for a joint strike so as not to lose their history, which resulted in Sperlonga today retaining most of its archaeological treasure

## BOAT TOUR -Swim/snorkel in the Cave (1.5h)

Experience the Cave by boat and take part of the history of Sperlonga. You can also take a swim/snorkel in the cave.

**Price:** 10 euro. Last day of booking, Sunday 19:00. Maximum 30 participants.

Gathering at the harbor (next to arena)14:00 Tuesday. You register through a form in the facebook group.

## WINE TOUR (4h)

The tour will start with a walk in the vineyards and a visit to the barrels. Then we'll have a rich local food tasting ( mozzarella, olives, bruschetta, fresh cheese etc.)

**Price:** 35 euro including transfer. Last day of booking, Monday 19:00. You register through a form in the facebook group. Limited number of participants.

## SUP

Want to try SUP? Lido Rocco, two restaurants away from Peppino along the beach, has boards to rent. It costs 10 € for 1 hour.

**All the excursions above are arranged by an external operator and all payment is made directly on site.**





# WEEKLY SCHEDULE



## SATURDAY

17:00 Social tournament  
18:00-21:00 Hi & welcome - at the Beach

## SUNDAY

09:00-10:30 Training group A  
10:40-12:10 Training group B  
12:20-13:50 Training group C  
15:00-17:00 Coed Random Partner Tournament (mixed)  
20:30 A drink at the Square

## MONDAY

08:00-08:30 Yoga at the beach. (Bring a towel)  
09:00-10:30 Training group C  
10:40-12:10 Training group A  
12:20-13:50 Training group B  
15:00-17:00 King of the Court  
17:00 After Beach/Exhibition Woman Thurin/Thurin vs Cavretti/Yoken  
21:00 Meeting point Aurora

## TUESDAY

08:00-08:30 Yoga at the beach. (Bring a towel)  
09:00-10:30 Training group B  
10:40-12:10 Training group C  
12:20-13:50 Training group A  
14:00-15:30 Boat tour -Swim/snorkel in the Cave  
15:40-17:40 Winners court Mixed  
18:00 Sunset Session at the Tower  
21:00 Hotel Aurora

## WEDNESDAY

09:00-10:30 Training group A  
10:40-12:10 Training group B  
12:20-13:50. Training group C  
15:00-17:00 Midweek HCP-tournament - A challenge for everyone!  
17:00-18:00 Exhibition Men Åhman/Hellvig - Andersson/Jonsson  
21:00 Hotel Aurora

## THURSDAY

08:00-08:30 Yoga at the beach. (Bring a towel)  
09:00-10:30 Training group C  
10:40-12:10 Training group A  
12:20-13:50. Training group B  
15:00-17:00 King & Queen  
15:45-19:30 Wine tour & tasting Winery near Sperlonga, local food & wine tasting  
21:00 Hotel Aurora

## FRIDAY

09:30 BeachTravels Trophy  
20:30 Festa Finale

## SATURDAY

Departure Day