



SAILING PROGRAM

HIGH PERFORMANCE
SPORTS ACADEMY

WWW.NASTICSPORTSACADEMY.COM

POWERED BY: *SPANISH*
IMPULSE

EDUCATION

Nàstic Sports Academy has one of the best residential and educational facilities in the country, offering the the opportunity to combine high-performance sports and studies.

Our program combines high performance sports with top academic education.



**BOARDING
SCHOOL**



**UNIVERSITY
PROGRAM**



MASTER

What perfectly defines **NSA's** identity is the variety of high-quality educational programs we offer on campus. We provide a range of **high school, college, and master programs**, among others.

Our community of professors, coaches, and sports support staff have extensive experience in their respective fields, adding value through their training to ensure the professional, athletic, and personal success of our students/athletes.



NÀSTIC SPORTS ACADEMY
CAMPUS CAMP JOLIU



THE CAMPUS

Nàstic Sports Academy boasts high-level educational and sports facilities, specifically designed for the development of young students/athletes.

Our campus includes a training field with UEFA dimensions, 4 padel courts, a gym, a physiotherapy room, a swimming pool, a dining room, a snack corner, video rooms, a comfortable residence, study rooms, common areas for relaxation, a library, and everything a high-performance athlete needs to enhance their professional development and skills.



+2000 Students 12 - 24 Years +50 Nationalities

NSA's facilities are ideal, designed exclusively to optimize the academic, personal, and social development of our students/athletes. The residence, educational center, training fields, and leisure/rest areas are all located within the same complex. Except the go-kart track and the port, located in a 15 min drive.



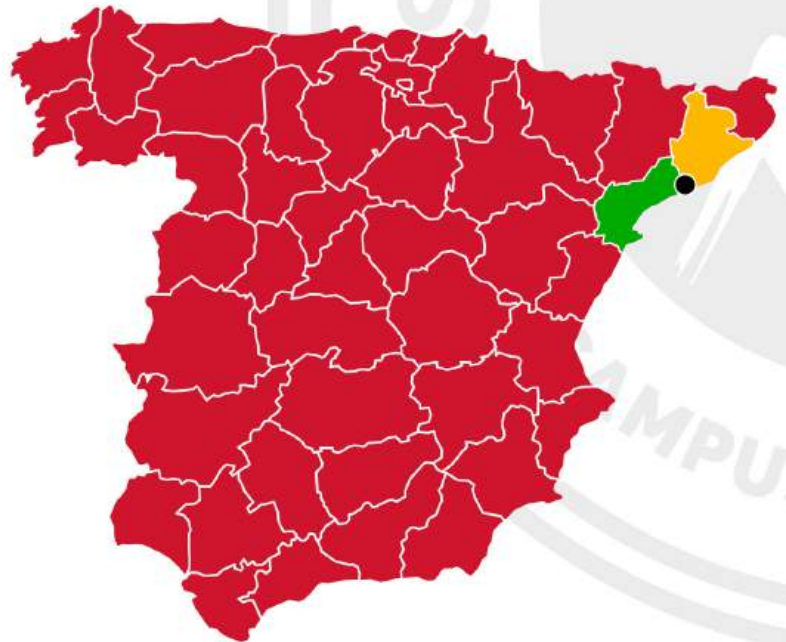
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LOCATION

Nàstic Sports Academy is located in **L'Arboç - Tarragona, Spain**. The campus is 35 minutes from the city of **Barcelona** and 30 minutes from **Barcelona-El Prat Airport**.

- Spain
- Barcelona
- Tarragona
- NSA



Barcelona is the second most populated city in Spain, with a total population of 5.7 million inhabitants.

As one of the most important cities in Spain, it has excellent connections to other cities and an airport with daily international flights.



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WHY NSA?

Nàstic Sports Academy is the perfect place to develop and progress as a student/athlete, thanks to its facilities, staff, and ideal environment.

NSA enjoys a privileged location with ideal weather conditions for practicing any sport. Additionally, Spain has a strong sports culture and an education system recognized worldwide.



COMPETE AT THE HIGHEST LEVEL



COMPETE REGULARLY



QUALITY ON CAMPUS EDUCATION



TOP CLASS FACILITIES AND DORMS



WORK EXPERIENCE INTERSHIP OPPORTUNITIES

SERVICES

- Full board accommodation.
- Residence card.
- Physiotherapy, nursing, psychology and nutrition services.
- Personalized sports report.
- Power of attorney for minors (Legal guardian).
- Personalized training.
- 3 days of training + competition.
- National and international tournaments.
- Access to all sports facilities.
- School registration.
- Excursions to cities, sporting events, etc.
- Laundry service.
- 24/7 supervision.
- Internship opportunities.



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OUR SPORTS

Nàstic Sports Academy is the leading international academy in Spain for sports education, providing students/athletes with access to an innovative educational and sports project on campus.

NSA offers five different disciplines: **Sailing, Football, Padel, Skating** and **Basketball**. We have expert staff for each sport, all of whom are professionally trained and currently dedicated to teaching and developing young talents.



SAILING



FOOTBALL



PADEL



SKATING



KARTING



BASKETBALL

Nàstic Sports Academy has unique, exceptional, and newly created facilities that contribute to the professional development of our young students/athletes.

Our facilities include fields, courts, and surfaces tailored to each sport, allowing our students/athletes to maximize their training and competitions.



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SAILING

Nàstic Sports Academy works with its own methodology, developed in collaboration with **Spanish Impulse (SI)**, the first Spanish team to participate in the Youth America's Cup. Most of the **SI** sailors have competed in the Olympic Games, bringing a wealth of experience and knowledge that enriches our methodology.

The **NSA - SI** sailors work in 8 main blocks:

TECHNIQUE

COMPETITION

NUTRITION

MATERIALS

MENTAL
TRAINING

TACTICS
STRATEGY

PHYSICAL
PREPARATION

PERSONAL
BRAND

TECHNIQUE: We work on the precise control of the boat, the execution of effective manoeuvres and the correct trimming of the boat to optimise performance, as well as the analysis of data obtained by the trackers in competition or in training sessions.

MENTAL TRAINING: we focus on visualization, pressure management, developing discipline, and encouraging enjoyment of the process, to obtain the greatest resilience in our athletes.

COMPETITION: we participate in the regional circuit once a month, and plan national and international regattas to provide our athletes with a comprehensive competitive experience.

TACTICS/STRATEGY: we focus on managing strategies according to wind and geometric scenarios, working on meteorological understanding, watching videos, studying the rules and tactical positioning in competition.

NUTRITION: we educate our athletes on proper eating habits and correct nutrition, as well as working on the necessary supplementation to achieve the best performance during their stay at the academy.

PHYSICAL PREPARATION: we implement a periodized physical preparation program, both group and individual, alternating aerobic and strength work to optimize the performance of our athletes.

MATERIALS: we teach the proper care and maintenance of the boat, understanding what types of materials improve the performance of the boat and how to optimize and work with them using an applied methodology.

PERSONAL BRANDING: we teach our athletes how to manage their relationship with the media, manage their social networks and generate their own authentic personal brand.

By focusing on these 8 blocks, the performance of our athletes reaches a new dimension, taking care of every detail so they can achieve their sporting goals.



WEEKLY ROUTINE

In **Nàstic Sports Academy - Spanish Impulse** the different blocks will be worked on throughout the week.

The standard routine timetable, which will be adapted according to the hours of daylight, the weather and the competition calendar, will be as follows:

MONDAY & FRIDAY	TUESDAY, WEDNESDAY & THURSDAY	SATURDAY & SUNDAY
Psychologist Branding	Physical Prep. Physical Therapist	Study
Class (9:00 - 14:30)	Class (9:00 - 13:30)	Sailing Competition (5,5 hours)
Physical Preparation	Sailing (3 hours)	
Study	Tactics (1 hour)	Materials Nutrition
	Study	

The main objective of **NSA - SI** is to form, not only better sailors, but also, greater people and professionals.

The program includes training and competing in many different top International regattas all year round, mostly held in Spain and in other European countries.



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FREQUENT QUESTIONS

How do I know that the credits for studying at NSA in Spain will be recognized by the school at the country of origin if going only for one year or semester?

NSA offers the American High School Diploma and the Spanish program. To our experience, one of these two programs match most of the academic programs overseas, including the International Baccalaureate (IB).

How do I get the Visa for my son / daughter to study and live in Spain? How long does it take?

At the moment NSA has more than 2000 students from 50 countries. We have an experienced department specialized on dealing with student visas. The process takes approximately two months. It is straight forward and does not present any trouble in the vast majority of cases.

In which languages are the lectures?

Students can choose to take classes in English or Spanish.

Accommodation: Is my son / daughter going to be sleeping alone or sharing the room with someone else?

Typically, students are placed in rooms of three. However, this may vary each semester according to the demand. The residence is only for boys, girls are accommodated outside campus.

Are all the meals included? Do kids need to prepare any meals on their own?

All meals are served at campus, including breakfast, lunch and dinner, every day from Monday to Sunday.

Is transportation organized by NSA to/from the campus to the sailing training centre and back?

Transportation from the campus to all training centres and to all national competitions are organised by NSA.



CONTACT:

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