

# CIAGOLF

ANORETA GOLF  
INTERNATIONAL CENTER  
BY SERGIO DE CÉSPEDES



## Programa Top Jr. Golf & School

### TECNIFICACION AÑORETA CIAGOLF BY SERGIO DE CÉSPEDES

One of the best enclaves of Southern Europe, with the most modern golf training facilities. Anoreta Golf International Training Center (CIAGolf), managed by the Head Pro Sergio de Céspedes, National Coach of the RFEG, is expected to become one of the best Golf Training Centers in the world.

The Golf program can be complemented with formal academic training in one of the best private bilingual centers in the area, such is NovaSchool Anoreta. One of the best enclaves of Southern Europe, with the most modern golf training facilities. Anoreta Golf International Training Center (CIAGolf), managed by the Head Pro Sergio de Céspedes, National Coach of the RFEG, is expected to become one of the best Golf Training Centers in the world.



TRACKMAN Smart2Move CAPTO VISIOPUTTING

### Advanced technology

This training program uses the latest technology in golf, teaching to study all aspects of the game: Trackman, Capto, Smart2Move, Sam Putt Lab, Visioputting. Our technical staff will analyze each player and apply the data to get the maximum performance of the player.

### Qualified academic training

The Top Jr. program can be combined with official academic training in one of the best private bilingual centers in Spain, such as NovaSchool Anoreta or Sunland. Both centers are within the TOP30 #ranking of The 100 best private schools. The Top Jr. program can be combined with official academic training in one of the best private bilingual centers in Spain, such as NovaSchool Anoreta or Sunland. Both centers are within the TOP30 #ranking of The 100 best private schools.

### CIAGOLF

ANORETA GOLF  
INTERNATIONAL CENTER  
BY SERGIO DE CÉSPEDES

+34 952 40 50 00

academia@anoretagolf.

Rincón de la Victoria.

# CIAGOLF

## HIGH PERFORMANCE IN SOUTHERN EUROPE



### TOP JR. PROGRAM

- Golf technical training
- Physical performance
- Skills development
- Mental coaching



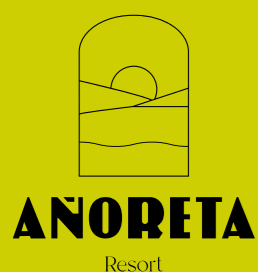
www.ciagolf.com  
www.anoretaresort.com

@ciagolf

### METHODOLOGY

This program covers all the fundamental aspects of a Junior golfer's preparation, highlighting the technical improvement and supported by a good physical and mental training.

This program is formed by a highly qualified technical staff, with prestigious experts in their areas, such as: Oscar Del Rio, high performance golf psychologist of the RFEG, Jesica Reyes, physical trainer specialized in training golfers, and the professional Victor Casado in charge of sharing his extensive experience on golf game strategy.



## We train people

Our main objective is the long-term personal development of young golfers through advanced skills, as well as the mental and physical training necessary for any young person in all aspects of life.

We are not only working for the training on high competition, we also seek the possibility to teach them an optimal and interdisciplinary training in the management of situations and emotions

## Goals & Objectives

With a highly qualified and internationally renowned technical team and one of the best golf facilities equipped with the most advanced golf teaching technology, the program will train young golfers with the best conditions and tools to make their sporting life compatible with their academic training.



## Technical Management

Sergio de Céspedes

RFEG National Coach



### Academic Area

OFFICIAL TRAINING  
LEARNING TECHNIQUES COLLEGE  
ORIENTATION  
TRANSFERABLE SKILLS



### Technical Area

NN.TT TRAINING  
PROGRAM EXECUTION  
STRATEGY / COURSE VISION  
MONITORING AND



### Training Area

PHYSICAL DEVELOPMENT  
SKILLS  
MENTAL COACHING  
PRE - POST COMPETITION  
ANALYSIS

### Experience Partners



## Programa Top Jr. Golf & School



### Long-term performance

- . Target setting
- . Improvement in the 3 areas
- . Annual balance sheet
- . Objectives achieved

- Member of the National Training Committee and Pro Examiner.
- PGA Member
- EUROPEAN CHAMPION with Women's National Team 2018.
- Expert in Biomechanical analysis Swing and Putt.
- TPI certified at all levels.
- Certified in Vision 54
- Certified in Smart2Move weight platform study.
- Use of NN.TT. : Trackman, SAM Putt Lab, Capto, Flyscope.



### Intensive training program 11h./week

- . 7h. golf training
- . 2 practice rounds on the course
- . 3 physical training sessions
- . 1 mental coaching
- . Tournament preparation



### 3 Transferable skill areas

- . 7h. golf training
- . 2 practice rounds on the course

@ academia@anoretagolf.es

+34 952 40 50 00

Rincón de la Victoria. Málaga  
Costa del Sol