



TRAINING CAMPS AT VALE DO LOBO APPLAUDED
FUTEBOLISTAS ELEGEM VALE DO LOBO

A first for footballers

OVER RECENT YEARS, VALE DO LOBO HAS BECOME A RENOWNED VENUE FOR PROFESSIONAL FOOTBALL TRAINING CAMPS, AN EXCELLENT REFLECTION FIRSTLY ON THE STANDARD OF ITS SPORTS FACILITIES, BUT ALSO ON THE LEVEL OF ACCOMMODATION AND COMPLEMENTARY SERVICES AVAILABLE AT THE RESORT.

SINCE THE FIRST MAJOR TRAINING CAMP was held at the resort in 2006 by Manchester United, many football professionals have trained here. Among these stand out the England national side, a newly promoted Sunderland A.F.C., and rehabilitation sessions for injured professionals held under the guidance of renowned sports physiotherapist, John Green.

Before heading to Germany for World Cup 2006, the English football team warmed up at Vale do Lobo. The schedule revolved around a daily training session at the football pitch and in a specially created gym there. During their free time, the players unwinded by enjoying the resort facilities with their families – Vale do Lobo beach, their villas' private pools and exclusive use of the Royal Spa.

Due to the discretion required for such high profile guests, a private lounge area was created, complete with breakfast area, business centre, an



VALE DO LOBO

impressive entertainment area and a fully-equipped children's playroom. Private dining was arranged at guests' villas, most notably an impromptu Beckham barbecue for several of the players, ably managed by Spikes' own Michelin star chef Maurice Belhaj. For those wishing to enjoy the local fare, Spikes, Sandbanks, Teahouse and other restaurants around the Praça were the main choices.

Over a thousand England fans turned up to watch their team be put through their paces on the designated open day, also attended by all the main UK and Portuguese television channels, radio stations and newspapers.

"This is a really enjoyable break, for relaxation as well as training. I was here with Manchester United too and it is the perfect place to hold this kind of thing," explained Gary Neville to the Sky News. "We have been playing golf, resting by the

VALE DO LOBO TEM SIDO O LOCAL DE ELEIÇÃO PARA A REALIZAÇÃO DE DIVERSOS ESTÁGIOS DE FUTEBOL, REFLEXO DAS EXCELENTES CONDIÇÕES E INFRA-ESTRUTURAS DESPORTIVAS E DA QUALIDADE DO ALOJAMENTO E SERVIÇOS COMPLEMENTARES DISPONÍVEIS NO *RESORT*.

DESDE O PRIMEIRO ESTÁGIO em 2006, pelo Manchester United, muitos têm sido os profissionais da modalidade a treinar em Vale do Lobo. Entre os quais destacam-se a Selecção Inglesa, a promissora equipa do Sunderland A.F.C. e diversos atletas em programas de reabilitação sob a

pool. Some of the players have their wives and girlfriends here, so it's different for each player, but in general we are really taking advantage of our stay."

Neville's ex-Manchester United colleague, Roy Keane, was impressed enough by the resort when he came here with United that he recently returned with the fledgling premiership team he is now managing, Sunderland, to begin building themselves up for a challenging season ahead.

Meanwhile, John Green conducted several successful rehabilitation programmes at Vale de Lobo with West Ham's Scott Parker and Dean Ashton and, most recently, Ireland national and Newcastle United star, Damien Duff.

"Vale do Lobo is really a perfect venue for sports rehabilitation, not only because of the fantastic weather, but because of the possibility to train with water and sand. Water is gentle in the early stages, while the giving effect of sand is great later on; it recruits muscles that are normally not recruited," John explained. "So we jog on Vale do Lobo beach each morning, use the Fitness Centre for upper body work in the afternoon when it's hot, then progress to the football pitch in the early evening."

Later, when Damien Duff was on holidays here with his parents, John Green took advantage to show him the sports facilities and how Vale do Lobo could help in his recovery. Plagued by injury since he transferred to Newcastle United from Chelsea last season, Duff is no stranger to reha-



SCOTT PARKER ENJOYED THE RESORT'S FACILITIES FOR TRAINING

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bilitation. "I've been walking for hours on the beach every day, to try to strengthen my muscles," he commented, but added that he would prefer to be able to take more advantage of the facilities. "It's frustrating that I can't play golf at the moment," he said in his usual good-humoured way.

"There are great facilities in Vale do Lobo for off-season training," said Scott Parker, "plus it's ideal for combining training with a family holiday." For Dean Ashton, it was a new experience: "This is my first time here," he said, "I've found it to be a good mix between work and relaxation, because there are lots of other elements – the golf courses, beach and restaurants." ■

orientação do conceituado fisioterapeuta desportivo, John Green.

Em preparação para o Campeonato do Mundo na Alemanha em 2006, a Selecção Inglesa treinou em Vale do Lobo. O programa intensivo contemplou um treino diário no campo de futebol e no ginásio especialmente desenvolvido para o efeito. Nas horas livres, os jogadores aproveitaram para desfrutar das actividades e serviços disponíveis no resort com as suas famílias – a praia de Vale do Lobo, as piscinas privadas das moradias de luxo e utilização em exclusividade do Royal Spa.

De forma a garantir a máxima privacidade de tão ilustres convidados, foi criada uma área privada, com serviço de pequeno-almoço, zona de lazer



IRELAND NATIONAL AND NEWCASTLE UNITED PLAYER, DAMIEN DUFF OPTED FOR VALE DO LOBO WHILST RECOVERING FROM INJURY IN IMPORTANT REHABILITATION TRAINING



e espaço infantil totalmente equipado.

Durante o único treino aberto ao público, largas centenas de fãs, bem como inúmeros meios de comunicação ingleses e portugueses assistiram aos treinos da equipa.

“Esta é uma experiência fantástica, não só para treinar como para relaxar. Já tinha estado em Vale do Lobo com o Manchester United e é, sem dúvida, o local ideal para a realização deste tipo de iniciativa.” Comentou Gary Neville à Sky News. “Temos jogado golfe e descansado junto à piscina. Apesar de alguns dos jogadores estarem com as suas famílias, o que torna a experiência diferente para cada um, todos temos aproveitado bem a estadia.”

O ex-colega de Neville, Roy Keane, ficou de tal forma impressionado com a primeira visita com o Manchester United que regressou ao resort com a equipa da primeira liga, Sunderland A.F.C., da qual é treinador, para um treino de preparação.

Entretanto, John Green, desenvolveu em Vale do Lobo alguns programas de reabilitação para os jogadores do West Ham, Scott Parker e Dean Ashton, e mais recentemente, para a estrela da selecção irlandesa e do Newcastle United, Damien Duff.

“Vale do Lobo é o destino ideal para a reabilitação desportiva, não só pelo clima fantástico, como também pela possibilidade de desenvolver treinos na água e na areia. A água é delicada e suave para fases iniciais do tratamento, enquanto o efeito da areia é óptimo numa etapa seguinte,



THE RESORT WAS MANCHESTER UNITED'S FIRST CHOICE FOR TRAINING



THE ENGLAND FOOTBALL TEAM IN TRAINING



FRANK LAMPARD, FOOTBALLER FOR CHELSEA AND THE ENGLAND TEAM SIGNS AUTOGRAPHS FOR FANS AT THE PRAÇA

para movimentos multi-direccionais.” Explicou John. “Todas as manhãs temos feito *jogging* na praia de Vale do Lobo, utilizando as infra-estruturas do Fitness Centre nas horas de mais calor, passando no final da tarde para o campo de futebol.

Mais tarde, aproveitando o facto de Damien Duff se encontrar de férias no *resort* com os seus pais, John Green deu a conhecer ao jogador as infra-estruturas desportivas de Vale do Lobo e como o destino reunia todas as condições para a sua recuperação. “Tenho caminhado horas a fio pela praia, todos os dias, tentando fortalecer os meus músculos”, comentou Damien, confidenciando que gostaria de conseguir tirar maior partido dos serviços disponíveis no *resort*. “Sinto-me frustrado por não poder jogar golfe” exclamou com a sua habitual boa disposição.

Para Dean Ashton, foi uma nova experiência: “É a minha primeira visita a Vale do Lobo”, adiantou, “mas encontrei aqui uma boa combinação de trabalho e descontração, pois compreende outras possíveis actividades – campos de golfe, praias e restaurantes.”

“Em Vale do Lobo estão reunidas óptimas condições para treino e estágio”, afirmou Scott Parker, “além de ser o destino ideal para umas férias em família.” ■