

# NEWS

AUGUST 2009



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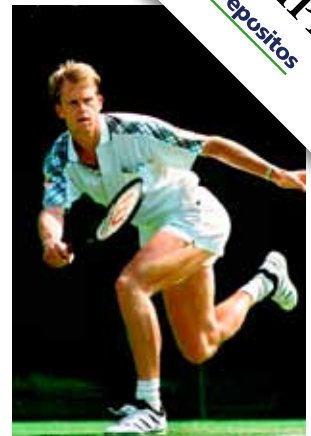


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## EDBERG TO CHALLENGE RIOS

Swedish ace Stefan Edberg vows to defeat reigning champion Marcelo Rios



Stefan Edberg makes his first appearance at Vale do Lobo

Tennis enthusiasts and those looking for an extra special day out will welcome the news that the annual Vale do Lobo Grand Champions Caixa Geral de Depósitos tennis tournament is set to return to the resort between 11<sup>th</sup> and 14<sup>th</sup> August, bringing with it some of the hottest names from the veteran circuit.

Following the tournament's official press conference held both at Lisbon and at Vale do Lobo on 16<sup>th</sup> July, eight players of diverse nationalities and impressive track records have now been announced. In addition to last year's champion, Chilean Marcelo Rios, whose presence had been confirmed

earlier in the year along with that of Swedish ace Stefan Edberg – appearing for the first time at the Vale do Lobo Tennis Academy – the tournament will include the star-studded line-up of fellow Swede Mats Wilander, enigmatic Frenchman Henri Leconte, Brazil's Fernando Meligeni, Greg Rusedski from the United Kingdom, German star Marc Goellner and Portugal's Nuno Marques.

The Grand Champions tournament is widely regarded as an important event on the Senior Tour calendar, and now in its 9<sup>th</sup> year, continues to attract a wide audience year after year, which is echoed by the large number of television channels

who choose to broadcast the matches to millions of viewers in all corners of the world. It is now the largest sports event to take place in Portugal at this time of the year, helping to raise the profile not only of the resort but of the entire Algarve region. As in previous years, it promises some truly momentous play from some of the finest players in history, only with a more recreational and convivial atmosphere, as the players - often relaxed – joke and involve the audience, making it an excellent option for the entire family.

As in previous years, tickets for the Vale do Lobo Grand Champions Caixa Geral de Depósitos tournament sell quicker than

they can be printed so be sure to reserve yours without delay. Tickets are still available and range from 17 Euros to 50 Euros per day with a special four day pass offering an attractive discount. Full details on the programme, related activities and tickets for the tournament can be obtained from the Vale do Lobo Tennis Academy. Information is also available through the Grand Champions own website.

2009 VALE DO LOBO GRAND CHAMPIONS CAIXA GERAL DE DEPÓSITOS  
VALE DO LOBO TENNIS ACADEMY  
T. 289 353 431  
[www.grandchampions.org](http://www.grandchampions.org)

VALE DO LOBO  
GRAND CHAMPIONS  
Caixa Geral de Depósitos



Try out the new Boot Camp activity at the Fitness Centre

## TAKING FITNESS OUTDOORS



Vale do Lobo Fitness Centre has just launched its latest fitness initiative; the fabulous Boot Camp – an outdoor activity designed to cater to every fitness level and one of the most enjoyable ways to revel in the summer outdoors and keep fit at the same time. Participants will learn to challenge their bodies and in turn tone and trim down in just a few weeks through this fun and energetic activity, which incorporates heart-pumping cardio drills – to increase speed and endurance - full-body work-outs - to condition and tone muscles - and diverse obstacle courses for that added touch of fun and agility. Classes take place on Mondays

at 19:00h and on Thursdays at 09:00h, and are held in group format. Boot Camp is suitable for most fitness levels, under the supervision of motivating trainers, but participants are advised to always undergo a fitness check at the Fitness Centre prior to initiating any new activity. Boot Camp lasts for one hour and is priced at €10 per session, but admittance is free to Fitness Centre members. Join in the fun this summer!

VALE DO LOBO WELLNESS CENTRE  
T. 289 353 480  
E-mail: fitnesscentre@vdl.pt

## SCANDINAVIAN CHARMS

A&C's latest collection available at Select Designs

Select Designs at Vale do Lobo Shopping has just received a superb new collection of fine jewellery from prestigious Scandinavian brand A&C. This is the first time that the store has featured pieces by A&C and the collection is certain to generate a great deal of interest as the company is renowned for both its handmade sterling silver jewellery and its exquisite craftsmanship. Hand decorated enamel effects and the use of Swarovski crystals, freshwater pearls, mother of pearl and a number of semi-precious stones are all trademark elements. Each piece is lovingly designed in Norway and from there exported to

select outlets all over the world. Perhaps best known for its Scandinavian simplicity combined with multi cultural influences, in the latest collection – entitled Essence – A&C presents statements pieces that ooze elegance and confidence whilst highlighting a casual laidback core. Come along and find the perfect gift for your loved one or yourself this summer – there are some brilliantly coloured pieces, perfect for adding the final touch to summer outfits.

SELECT DESIGNS  
Vale do Lobo Shopping  
T. 289 353 410



## RECOVERY TIME FOR DAVID JAMES

Vale do Lobo provides the perfect retreat for rehabilitation

England goalkeeper David James recently chose a rehabilitation programme at Vale do Lobo, organised by physiotherapist John Green, also attended by Kieron Dyer of West Ham, Craig Bellamy of Manchester City and Coventry's Leon McKenzie.

"Having been here with the England team and had such a great time I was obviously very interested in coming out to the resort again when John suggested the rehabilitation work. It's just a brilliant place to relax - we've been taking a leisurely stroll to the *Praça* for breakfast - and the kids love it down there. People are always helpful and friendly, which we like, and facilities are first class."

The star, whose career includes spells at Aston Villa, Liverpool and West Ham, now plays for

Portsmouth and is a popular player on the England team, holding a Premier League record of 536 appearances - since overtaking Gary Speed's 535 - having also been capped by England 48 times.

A long-standing injury to his shoulder and subsequent operation in June made him miss World Cup qualifiers, but he is certain that the timing of the operation will ensure that he is fit to play in the World Cup 2010 games, and he remains the team's first choice for goalkeeper. "I'm feeling fitter by the day and have been working on strict rehabilitation so that I can be fully prepared for the games ahead. It's a very exciting time now for all of us in the build up to the World Cup. We have a strong team and are all very con-



fidant that we will do England proud. For me, training here has been perfect - to be able to use the beach has been really instrumental in recovering strength in my knee, which has also been injured, as the surface is not

too hard for running - whilst the football pitch has also been great for us to work on various exercises."

Vale do Lobo wishes David James a speedy recovery.