



MAHB – LSF HANDBALL AND LANGUAGE CAMPS
Notes for participants born in 1992/1993/1994/1995/1996/1997/1998 – July 2009

LSF: 3, Impasse Barnabé, 34000 Montpellier, France

MAHB : Centre Jean-Paul Lacombe, 1000 avenue de Val de Montferrand, 34000 Montpellier

Camp Director : Emmanuel DOTT +33 612041147

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ARRIVAL AND DEPARTURE TIMES

- If you arrive by plane or train, you should arrive in Montpellier after 14.00.
Please inform us of your arrival time, we will pick you up at Montpellier airport or railway station.
- If you come by car, you should arrive at the CREPS between 16.00 and 16.30 (2 Avenue Charles Flahault, 34000 Montpellier).

You MUST arrive in Montpellier after 14.00 and before 16.30 on Monday 20 July 2009, and leave before 10.00 on Sunday 02 August.

These times must be respected. If not, an extra fee of 20 € will be charged to cover the cost of supervision of your child.

ACCOMMODATION AND FACILITIES

You are accommodated at the 'CREPS de Montpellier' in twin rooms, with 4 participants sharing one bathroom.

Each room has a wardrobe.

Sheets, bedcovers and pillows are provided, but you must bring your own towels.

You will be able to make use of extra space, which can be locked, during your stay.

The keys are magnetic, all lost or damaged keys must be paid for by the participant (20€).





Staying at the CREPS, you will have access to all the facilities on the site, subject to their availability.

As all the facilities are of professional standard, you should respect the CREPS rules and regulations, which will be given to you at the start of the camp.

All repairs, as a result of damage caused to the facilities, must be paid for in full (upon presentation of the invoice).

MEALS

All meals will be eaten in the restaurant of the CREPS. Please inform us of any specific requests/diets (vegetarians, no pork,...).

It is possible, for reasons of organisation, that a cold lunch may occasionally be served.

As a general rule, the meals are balanced, adapted to the participants and include :

- Buffet of starters
- Hot dish (self-service) with one vegetable / one starchy food / one meat (white or red) or one fish
- One cheese
- One yoghurt
- One dessert or one fruit.

The participants also have snacks mid-morning and mid-afternoon.

A bottle of water is provided each day.



INSURANCE & MONEY

You should send us a copy of your personal liability insurance, as well as a copy of your identity card/passport and valid social security cover, before the beginning of the camp. For students from EU countries, it is advisable to obtain a European Health Insurance Card from your local social security office before travelling. Hospital treatment for an accident or emergency is normally payable. Non-urgent treatment can be obtained through a local doctor, and again this is payable. You should also send us a Doctor's Certificate confirming your suitability to play handball, and to take part in group activities (dated less than one month before the start of the camp) and a photocopy of your Handball Club registration (if you are a registered player in a club); as well as a French 'Fiche de liaison sanitaire' (dated less than one month before the beginning of the camp). You should bring pocket money for incidentals (drinks, ice-creams, souvenirs, gifts...)- the exact amount is left to your discretion, but around 60 € per week seems reasonable. **MAHB-LSF cannot be held responsible in any way for loss of or damage to personal items during your stay.**

HANDBALL COACHING SESSIONS

The handball coaching sessions are taken by fully-qualified coaches from MAHB.

There are 2 coaches for 22 players.

2 groups will be formed (according to the number of participants)

- -12 / -14 : players born in 1995 to 1998
- -16 / -18 : players born in 1992 to 1994.

You should bring four full kits (shirt/T-shirt, shorts, socks, towel, as well as **indoor and outdoor sports shoes**).

The rest of the kit is provided (balls, bibs).

Each group (a maximum of 22 players per group) has at least 5 sessions of handball coaching during the week (1H45 per session). Other timeslots are given over to watching video recordings of the sessions, watching matches or training sessions of the MAHB professional team, taking part in handball and sandball tournaments.

For the other activities, we will send you later a list of kit and equipment to bring with you.

LANGUAGE LESSONS

9 x 90 minutes of language lessons (French or English, you choose) in the two weeks, ie 13.5 hours in total.

You will first take a level test (written and oral). The teachers are all qualified and native-speakers; the maximum number of students per class is 11. The language lessons mainly focus on communication (oral expression and comprehension), often with a link to sport.

ACTIVITY PROGRAMME

You can consult the sample activity programme. Please do not forget to bring swimming trunks and a bathcap for the swimming pool ('boxer'-type shorts are not allowed).

SUPERVISION

The centre is registered with the French 'Ministère de la Jeunesse et des Sports' (Youth and Sports Ministry), and all the activities are supervised by fully-qualified staff.

FEES

995 € with full-board accommodation at the CREPS.

44 available places

Please note that, for reasons of organisation and management of the groups, we reserve the right to limit the number or to cancel bookings.

Group photographs taken during this camp are free of rights and may be used in promotional materials.

They may be consulted upon request to the camp organisers.

In respect of the French law on IT and Liberties, you have the right of access, modification or deletion of all personal data concerning you (article 394 of the 'Loi Informatique et Libertés du 6 janvier 1978 modifiée en août 2004').

You may do this in writing to :

LSF, 3 Impasse Barnabé, 34000 Montpellier, France

USEFUL INTERNET SITES

You will find hereafter a list of websites to help you prepare your stay :

- Montpellier Handball : www.montpellier-handball.com
- LSF : www.lsf.fr
- Useful local addresses : www.petitfute.com
- Montpellier Tourist Office : www.ot-montpellier.fr
- Montpellier Airport : www.montpellier.aeroport.fr
- Activities in Montpellier : www.montpellier.webcity.fr