



Matanzas 2017 Course Line

English Version

The shocking reality of being the longest and narrowest country in the world creates the chance to explore our mountains and sea in matter of days. This new adventure of learning consists on different sports in different atmospheres and landscapes, is an incredible opportunity to learn with the best athletes and trainers from Chile.

Matanzas is a place that offers various adventures: here we can enjoy surfing lessons, amazing horseback rides, mountain bike trips and yoga lessons.

Will divide students into different groups, the idea is to enjoy expeditions in a personalized way. With this, it is expected to achieve greater impact on coaching reflections.

Camping information at:

<https://www.facebook.com/Camping-Playa-de-Matanzas-1399788860078068/>

1) SURF LESSONS.

1.1. Description: The class begins by given to the students a personal wetsuit and a suitable surfboard, according to their height and weight. As a result, teachers start the lesson explaining to them the proper use of the surf equipment assuring their safety.

After security instructions are held, teachers throw light upon several different tactics required by the surf initialization stage. Both standing and balance techniques are taught allowing student to locate their bodies over the surfboard at the right time, at the precise position. In this part of the lesson, coordination is crucial. Thus, there is a great focus on it.

Finally, once the students are familiar with the physical movements required, teachers proceed to explain the important environmental elements that should be considered in all kind of surf session. Before getting into the sea, students not only have to understand the role of the wind in the wave-making process, but also they should comprehend how ocean tides could affect ocean conditions. Classes are organized in small groups, and each one of them is under the direction and guidance of a certified surf-rescue-expert teacher.

1.2. Place: The lesson will be held in Matanzas, a beach located very close to Camping Surazo. The place where the class is held has been strategically chosen. The beach is

protected from strong waves and powerful tides, and it does not have rocks. In addition, to avoid any type of accident, lessons are taken place in shallow-depth sea waters.

1.3. Difficulty: Middle-low.

2) MOUNTAIN BIKE:

2.2. Description: Along with surfing, biking is another daily activity organized for the students.

Before the riding, each one of them receives a bike and a helmet based on their height and weight. The bike session starts in Matanzas and ends in Navidad. The whole way goes through Centinela Hill, a beautiful hill located in one of the most spectacular places of the area. During the first two kilometers, the route has a steep hill. However, afterwards the path becomes less demanding allowing the students to see and enjoy the incredible sights of the place. In fact, at some points students are able to see the Andes mountains and the Pacific Ocean, both at the same time, given them a very realistic view of the geography of our country.

Finally, in the last part of the lesson, students ride across a beautiful downhill arriving to the town of Navidad, where teachers will be waiting them to bring them back to Matanzas by trucks.

2.3. Place: The lesson takes place in a special clay route between Matanzas and Navidad. The path has been strategically chosen to be easy and suitable for everyone. It is important to point out that the route allows car access, so in case of an accident there will be immediate medical attention. For the same reason, throughout the riding there are both radio and cellular communication between the organizers attending the

students, and the teachers who are waiting in Navidad. Just as the surf activity is guided by rescue experts, biking riding session are also organized in small groups under the guidance and direction of a certified teacher.

2.3. Difficulty: Low-Medium-High.

3) HORSEBACK RIDE:

3.1. Description: Another exciting activity organized for the students is horse riding. The lesson is carry out by using the assistant of an expert local rider, who guides and helps teachers to maintain the order and the safety of the students throughout the entire ride. The horse path goes through out the dunes of Matanzas, until the hidden corners of Pupuya, a beach town very close to Matanzas. Along with horse riding lessons, students are introduced into the mythology of the place where very old legends are still strongly follow by the people who live around the area.

3.2. Place: The riding begins in Matanzas, and goes across its dunes until Pupuya Beach. For the same reason above, during the entire session there are both radio and cellular communication between the organizers attending the activity and the others who are at the camping waiting.

3.3. Difficulty: Middle-low.

4) YOGA:

4.1. Description: To start the day with energy and motivation, each morning students have a class of yoga led by a professional instructor. The purpose of this activity is to prepare their body and mind to successfully develop the activities of the day.

Yoga allows students to connect themselves in a process based on breathing and consciousness. Body, mind, spirit come together to create an awareness of the beautiful nature surrounding them. This connection is essential. Yoga involves a deep breath connection attached to a series of positions, which produce an internal heat that purifies the organs and muscles. As a result, Yoga introduces students to a mindfulness stage where their endocrine system is purified. The activity has been organized not only to encourage physical and mental health, but also to prevent the upcoming activities of the day from any possible injury.

4.2. Place: Matanzas Beach.

4.3. Difficulty: Low-Medium-High.

5) LUNCH PREPARATION:

5.1. Description:

Moby Dick Expeditions is focused not only on encouraging a healthy lifestyle over the students, but also on developing the ability to work and enjoy among themselves as team groups. This section is based on the accomplishment of a daily-simple task: cooking. The students are responsible for choosing the ingredients, so that they can proceed to cook them under the supervision of an expert. Safety measures are applied,

so each group has an advisor who provides direction and guidance over the young chefs.

5.2. Place: Camping Matanzas:

5.3. Difficulty: Low.

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Activities:
Horseback Riding
Yoga
Surf Lessons
Bike Riding
Lunch Preparation
Social Action

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00		Wake Up	Wake Up	Wake Up	Wake Up
8:30		Breakfast	Breakfast	Breakfast	Breakfast
9:00		Breakfast	Breakfast	Breakfast	Breakfast
9:30		Yoga	Yoga	Yoga	Yoga
10:00		Yoga	Yoga	Yoga	Yoga
10:30		Activity 1	Activity 1	Activity 1	Surf Competition
11:00		Activity 1	Activity 1	Activity 1	Surf Competition
11:30	Arrival	Activity 1	Activity 1	Activity 1	Camping Check Out
12:00	Presentation	Activity 1	Activity 1	Activity 1	Snack
12:30	Camping Check In	Free time	Free time	Free time	Return to Santiago
13:00	lunch	lunch	lunch	lunch	
13:30	lunch	lunch	lunch	lunch	
14:00	Creation of Groups	Reflection	Reflection	Reflection	
14:30	Creation of Groups	Activity 2	Activity 2	Activity 2	
15:00	First activity	Activity 2	Activity 2	Activity 2	
15:30	First activity	Activity 2	Activity 2	Activity 2	
16:00	First activity	Activity 2	Activity 2	Activity 2	
16:30	First activity	Activity 2	Activity 2	Activity 2	
17:00	Personal free time	Activity 2	Activity 2	Activity 2	
17:30	Personal free time	Personal free time	Personal free time	Personal free time	
18:00	Meeting	Personal free time	Personal free time	Personal free time	
18:30	Group Selection	Personal free time	Personal free time	Personal free time	
19:00	Dinner	Dinner	Dinner	Dinner	
19:30	Dinner	Dinner	Dinner	Dinner	
20:00	Dinner	Dinner	Dinner	Dinner	
20:30	Firebone	Firebone	Firebone	Firebone	
21:00	Firebone	Firebone	Firebone	Firebone	
21:30	Sleep	Sleep	Sleep	Sleep	
22:00	Sleep	Sleep	Sleep	Sleep	