



6TH EDITION

19-24 JANUARY · 2027

H10 HAND CAMP

The biggest handball
experience in
BRAZIL



— SINCE 2018



Every edition **SELLS OUT**. And every edition someone comes back.

Every edition sells out, and every edition someone comes back. Two to three training sessions a day, position clinics and real competition, led by people who live high-performance sport — inside a venue reserved for the camp alone.

+700

campers

have been through H10 Sports Camps

16

states

athletes have come from

+85

institutions

clubs, schools and social projects

3

countries

represented across the editions



— WHO CAN TAKE PART

For anyone who wants to raise their *HANDBALL LEVEL*

You do not need to play for a club or be an H10 student. You need to want to learn — the H10 team designs and runs the learning path.

Ages 10 to 17

Groups are split by age and by level. Part of the programme runs with everyone together, so younger and older campers share the week.

Boys and girls

The same sporting programme for everyone. Accommodation is separated by gender and age group.

Athletes and handball lovers

Those who already compete and those just starting train in the same week, in different groups.

From any institution

Club, school, social project or none of the three. What counts is wanting to play better on the 24th than on the 19th.



Coming from another state?

Return transport from São Paulo is included. Anyone coming from elsewhere arranges boarding with the team — we have already hosted athletes from 16 states.



Being and belonging **AT CAMP**

A sporting and social immersion, full of new experiences, that turns a school holiday into the best memory of the year.



H10 Hand Night

Handball at night, on the floodlit court: the handball party.



H10 Hand Magic

The Kings League of handball: the game format that became the camp's trademark.



H10 Academy

Strategic, tactical and technical development programme.



H10 Idols

Train, talk, learn and spend the week close to people who live high-performance sport.

And also: Media Day with a professional photo session · indoor and sand competitions with prizes · closing ceremony with the week's standout awards · H10 Sports Party to end the week.



Our programme and our *IMMERSION*

Two to three training sessions a day, with controlled workload and a programme rich in complementary activities.

The programme may change — times and activities are adjusted for weather, operations or safety.



MORNING AND AFTERNOON

Indoor sessions

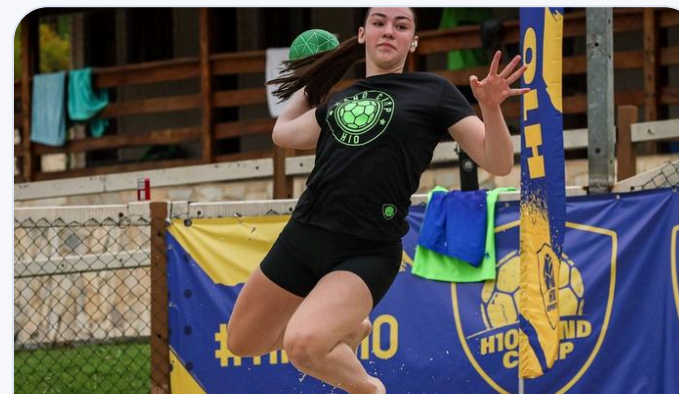
Collective tactical and technical work, with the group split by level. It is the core of the week.



BEACH ARENA

Sand sessions

A different game and a different read of space — the part of the week that most surprises indoor-only players.



THE NIGHTS

Every night has a programme

Opening night, Talk with the Idols, Handball Night, evening activities and the party that closes the week.



DAYS 4 AND 5

Competition and awards

The last two days are competition, and the closing ceremony is what families see in the photos.

Position clinics

Wing, back court, pivot and goalkeeper: each position trains with someone who plays it all year — small groups and individual correction, with the guest coach on court.

Free time is planned too

One hour a day with the recreation team: supervised pools and water slide, summer games, table games, pool sports and the beach arena outside training hours.



Every athlete has a story and a goal — **SO WE PLAN AROUND IT**

Progress in six days is not luck: it comes from who leads the work and how each session is planned. Our coaches read each athlete's learning level and design the activity for where that athlete actually is — not for the average of the group.

KNOW

KNOWLEDGE

- Fundamentals and game systems
- Rules and reading the match
- Technical vocabulary of the sport

KNOW HOW

EXECUTION

- Repetition with individual correction
- Position clinic with a specialist
- Video analysis of their own session

KNOW WHEN

DECISION MAKING

- Training built on the logic of the game
- A programme matched to the level
- Videos and sessions reviewed with the coach

BE

WHAT THEY TAKE HOME

- Autonomy, confidence and ownership
- Better reading and interpretation of the game
- Enjoyment of and passion for the sport

Planned sessions, not improvised

Every session has a stated goal, a progression and a correction criterion. What changes from one day to the next follows what the team saw the day before.

Groups by level, not by age alone

Those who compete and those starting out train in the same week, in different groups — so nobody is left idle or overwhelmed.

A tutor who follows them

Each athlete is known and followed by a coach every day, supporting individual and collective development.

— WHO WILL COACH YOUR CHILD

H10 TEAM

A specialised coaching staff, with coaches active in Brazilian and international handball, working with youth categories and driving the tactical and technical development of every participant.



Vitor Baricelli

Coach

Former coach at HSG Konstanz, in Germany's 2. Bundesliga.

- EHF MASTER COACH
- RFEBM CERTIFIED (SPAIN)



Diogo Hubner

Handball supervisor at Pinheiros

An idol of the sport, today responsible for one of the largest handball departments in Brazil.

- FORMER OLYMPIC ATHLETE

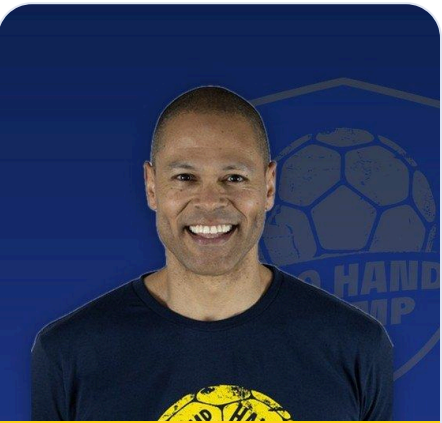


Washington Nunes

Coach

One of the great names of Brazilian handball, with national team experience in an Olympic cycle.

- OLYMPIC COACH



Marcos Paulo "Marcão"

Coach and goalkeeping specialist

Goalkeeping coach for the Brazilian women's national team.

- MULTIPLE-TITLE ATHLETE



Patrícia Scheppa

Athlete and coach · Beach Handball

Sixteen years with the Brazilian national team. Recognised by the IHF as a Beach Handball Legend.

- 4× WORLD CHAMPION
- 2× WORLD'S BEST PLAYER
- 2× GLOBAL TOUR CHAMPION



Ingrid Frazão

Goalkeeper and coach · Beach Handball

She teaches the position she still plays: goalkeeping in beach handball.

- 2× BEACH WORLD CHAMPION
- 3× GLOBAL TOUR CHAMPION
- BEST GOALKEEPER, SOUTH AND CENTRAL AMERICAN CHAMPIONSHIP

One professional for every 6
Plus coordination and full-time staff throughout the week.

Learning tutor
Each athlete is known and followed by a coach every day.

International guest
The name is announced on the website as soon as the invitation is confirmed.



Everything in *ONE PLACE*

The camp takes place at Estância Nazaré Paulista (SP), 90 minutes from São Paulo. Supervised and reserved for the camp alone throughout the week.



Gyms with official, covered courts



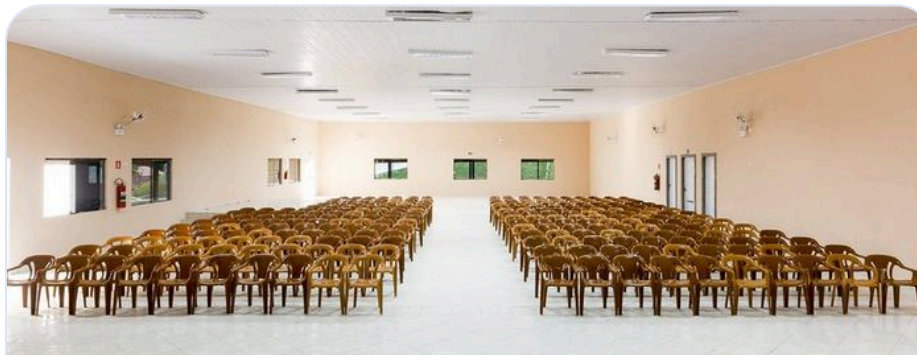
Chalets with private bathroom and safe



Dining hall with an athlete menu



Four pools and a water slide



Amphitheatre



Beach handball arena

Nobody leaves the site

Training, meals, free time and sleep all happen inside the same venue. No transfers, no midday bus, no wasted time — that is what makes two to three sessions, clinics and competition fit into six days.



Care *AROUND THE CLOCK*

Nursing and physiotherapy 24 hours a day, plus a paramedic and an ambulance on site throughout the week.

Reference hospital: Hospital Novo Atibaia, in Atibaia (SP).

Medication

Handed to the nursing team in the original packaging, with a prescription stating name, dose, times and route. Only the nursing team administers it.

Urgent and emergency care

H10 provides first care and arranges transfer or essential treatment.

Physiotherapy every day

The afternoon session is preventive work and joint mobility. Two to three sessions a day require a prepared body.

Restrictions and adjustments

Allergies, dietary restrictions, medication, specific needs and support are reviewed with the family before confirmation — never an automatic exclusion.



What the insurance is, and what it is not. The edition includes personal accident and travel insurance — which are not the same as a health plan. **Campers who are not Brazilian residents are not covered by the policy: the family takes out accident and medical insurance valid in Brazil for the whole period and shows proof before boarding, as clause 6.2 of the agreement sets out. The team helps with what the certificate needs to state.** Policy details are sent to the family shortly before the trip; conditions, limits, exclusions and how to make a claim are set out in the enrolment agreement.



— PRICING

Decide earlier, *PAY LESS*

Three price tiers with fixed dates, so you always know how long each price lasts. **Tier 1 sold out before its date and is closed:** enrolment continues in Tier 2. A place is only confirmed once payment clears.

Tier 1 • 60 places
CLOSED

~~R\$ 4,990.00~~

Tier 2 • until 15 December
TODAY'S PRICE

R\$ 5,490.00

Tier 3 • until 5 January

R\$ 5,990.00

DISCOUNTS

H10 school student	-10%
Former camper	-7%
Sibling at the same camp	-7%

Granted by coupon and not cumulative: the highest one the athlete qualifies for applies.
Ask the team for your code before enrolling.

— EVERYTHING IS INCLUDED

- ✓ Chalet accommodation with private bathroom
- ✓ Return group transport
- ✓ Nursing and physiotherapy 24 hours a day
- ✓ Accident and travel insurance (except international campers)
- ✓ Certificate of participation
- ✓ Four meals a day
- ✓ Sports kit: 2 training shirts, 1 casual shirt and a water bottle
- ✓ Paramedic and ambulance on site
- ✓ Tactical and technical development programme

No extra fees later, none. No shirt fee and no transport charge. You have 7 days to change your mind with a full refund; after that, a refund with a deduction based on how far ahead you cancel or, at any time, 100% as credit valid for 12 months — full policy at h10handcamp.com.br/cancellation.

Up to 6 interest-free instalments, or via Pix.

— LIMITED PLACES



Secure your place at *TODAY'S PRICE*

Every edition sells out, and the price rises by date. **Tier 1 has already sold out.** Leaving your contact costs nothing and commits to nothing — the team talks to you before anything is signed.

1

Leave your contact

Through the website or WhatsApp. It takes under a minute, it is not an enrolment and commits to nothing.

2

Talk to the team

We reach out on WhatsApp to understand the athlete's level and answer whatever is still open.

3

Confirm the place

Agreement signed electronically, then payment. The place is confirmed once payment clears.

Tier 1 closed

All 60 places in Tier 1 ran out before 15 October. Enrolment continues in Tier 2, valid until 15 December.

Talk to us now

Ask anything about the camp directly to the people who run it.

[Click to talk to the H10 TEAM →](#)

— JANUARY 2026

This was the **LAST EDITION**



H10HANDCAMP.COM.BR



EVERY PHOTO IS FROM THE CAMP. NONE IS STOCK. · 2027 BROCHURE · P. 12



Your place at the 6th edition starts with **A** **MESSAGE**

19–24 January 2027 · Estância Nazaré Paulista · SP
Every edition sells out. Decide earlier, pay less.

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h10handcamp.com.br

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