6TH EDITION

19–24 JANUARY · 2027

CAMPER'S HANDBOOK

The family guide to the athlete's week.

Boarding, packing, daily routine, evenings, health and contacts. Read it with your child: whoever arrives knowing what is coming enjoys it from day one.

H10 HAND CAMP

JANUARY 2027

The week is ready. All that is left is PACKING THE BAG.

This handbook exists for one reason: so the week starts without surprises. The right bag, documents in hand and the health form filled in — the rest of the time is free for what matters.

19.01
Departure
Decathlon Morumbi · meet at 7:30am

24.01
Return
Same point · arriving around 11am

24h
Nursing and physiotherapy
With a paramedic and ambulance on site

4
Meals a day
Breakfast, lunch, afternoon snack and dinner

Wel-COME

Thank you for choosing us. Sharing the school holidays with us is a trust the H10 TEAM takes seriously.

Six days of real handball, with hard training and good evenings. Your child will train with people who live high-performance sport, play until the sun goes down, eat well, share a chalet with new friends and come home talking non-stop. That is what this handbook is for: the right bag, a day that makes sense and a week that delivers.

Our team is with the group from departure to return. For anything at all, talk to the coordination team — contacts are on the last page.

Keep this file. It has the packing list, the daily routine and the team's contacts during the week. Agreement, cancellation policy and privacy notice live on the website.

01

Put a name on everything

Clothes, towel, water bottle, charger, flip-flops. What has a name goes home; what does not ends up in lost and found.

02

Health form before departure

Allergies, dietary restrictions and regular medication. Filled in beforehand, the team arrives prepared — on bus day there is no time.

03

Talk about the first night before leaving

Missing home on the first night is normal, especially for first-timers. Talking about it before the trip helps more than any phone call afterwards.

Departure and *RETURN*

Return group transport from São Paulo is included. Anyone coming from another state arranges boarding with the team.

OUT

19 January 2027

Decathlon Morumbi

Av. Duquesa de Goiás, 381 · Real Parque · São Paulo

Meet at 7:30am

BACK

24 January 2027

Decathlon Morumbi

Same point as departure

Arriving around 11am

Arrive 30 minutes early

The camper must be at the meeting point with a guardian, 30 minutes early. The tolerance is 15 minutes.

Carry with you

Original ID · **travel authorisation with a notarised signature**, for campers under 16 · a copy of the health insurance card · regular medication in its original packaging.

On the way back

The camper is handed over to the guardian or an authorised person, with identification.

The bus does not wait. The 15-minute tolerance is for traffic, not for planning. Anyone who misses the bus arranges their own transport with the coordination team.

Notarised signature, no exceptions. For campers under 16, the travel authorisation requires a signature notarised at a registry office (article 83 of the Brazilian Child and Adolescent Statute). A signature via **gov.br** does not replace it — a unanimous ruling by the **National Council of Justice** in Consultation 0003850-52.2024.2.00.0000, of 21/02/2025. Alternative: the AEV, under CNJ Provision 103/2020, through e-Notariado.

What to pack in the BAG

Fit everything into one bag, plus a backpack. **Label every item with a name.** The sports kit is not on this list — it is handed out at camp.

Bedding and sleep

- Pyjamas
- Sheets, pillowcase and pillow
- Blanket or sleeping bag

Toiletries and personal care

- Soap, shampoo and conditioner
- Toothpaste, toothbrush and deodorant
- Comb or hairbrush
- Sunscreen and insect repellent
- Laundry bag

Clothing and sport

- 4 T-shirts · 3 tops · 2 trousers
- 3 shorts · 3 plain black training shorts
- 1 pair of trainers and 8 pairs of socks
- 5 sports tops
- 2 towels, flip-flops and swimwear
- 1 cap or visor and sunglasses
- 1 costume for the party

Do not bring Jewellery, valuable watches, game consoles and expensive items — they are not used at camp and H10 is not responsible for them. The phone stays with the camper; Wi-Fi is available in three windows — 7–9am, 12–2pm and 5–7pm (page 11).

Pack together Whoever packs their own bag knows where things are and takes better care of them. Go through the list with your child rather than doing it for them.

ARRIVING

What is already *WAITING FOR YOU*

Estância Nazaré Paulista is 90 minutes from São Paulo, supervised, and during the week it belongs to the camp alone.

TRAINING

Gyms with official, covered courts

SAND

Beach handball arena

FREE TIME

Four pools and a water slide

REST

Chalets with private bathroom and safe

MEALS

Four a day, with cold and hot dishes

GATHERINGS

Amphitheatre for ceremonies and the idols' talk

On day one you get the sports kit: two training shirts, one casual shirt and a water bottle. The training shirt is your court kit all week — which is why the packing list asks for plain black training shorts, so the group matches.

THE ROUTINE

What a day looks like AT CAMP

Two to three training sessions a day, split by level and by gender group, alternating with free time and recreation.
The programme may change — times and activities are adjusted for weather, operations or safety.

MORNING

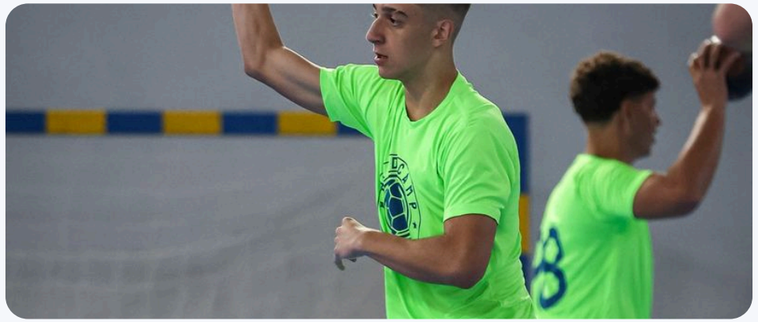
- Breakfast
- Position-specific training
- Tactical and technical training
- Free activity or pool
- Lunch

AFTERNOON

- Complementary session: prevention and mobility
- Training or match
- Afternoon snack
- Recreation and free time
- Dinner

EVENING

- Activity with the idols
- Evening or recreational activity
- Hand Night, on the floodlit court
- Lights out

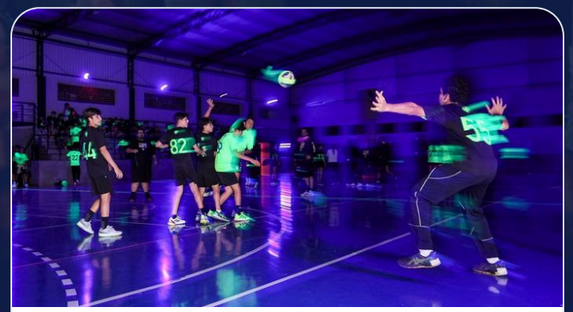


Never alone Each group has a reference coach who follows the athlete all week, on and off the court. Every activity is supervised at all times.

AFTER DINNER

The week has *NIGHTS*

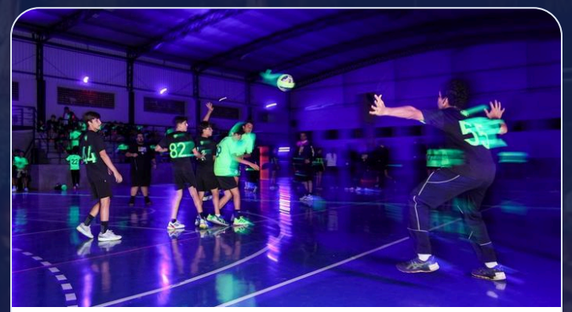
Every night has a programme. It is where a bunch of kids becomes a group — and the first thing the camper tells you about at home.



DAY 3, 8PM

H10 Hand Night

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



DAY 5, MORNING

H10 Hand Magic

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

DAY 1, 8PM

Talk with the Idols

An open conversation with guest athletes and coaches — no stage, sitting with the group.

DAY 5, 9PM

H10 Sports Party

The party that closes the week, right after the awards ceremony. That is what the costume is for.

The costume is for the H10 Sports Party, on the last night. It does not need to be expensive or bought: everyone joins in, and the best ones are usually improvised at home.

Where you sleep and WHERE YOU EAT

Chalets with private bathroom and safe, separated by gender and age group. Four meals a day, with a menu designed for someone training two or three times a day.

The chalet

Requesting a room is **optional** and is done through the camp's WhatsApp, up to 10 days before departure. Our honest suggestion is not to choose: the best part of the week is meeting new people.

The dining hall

Breakfast, lunch, afternoon snack and dinner: cold and hot dishes, salads, fruit, juice and dessert. **Dietary restrictions go on the health form** — the team is prepared, and anything that cannot be accommodated is discussed with the family before departure, not on site.

A birthday during the week? We celebrate with cake and singing, together with the group. If it falls during the week, tell the team at departure.

Bedding goes in the bag. Sheets, pillowcase, pillow and a blanket or sleeping bag are each camper's own — the full list is on page 5.

Care AROUND THE CLOCK

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

Regular medication

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

Physiotherapy every day

The afternoon session is preventive work and joint mobility. Two to three sessions a day require a prepared body — and that is what keeps the week from ending with an ice pack.

Allergy, restriction or adjustment

Everything goes on the health form and is discussed with the family **before** the week starts, so the team arrives prepared.

Feeling homesick?

It is normal, especially on the first night and for first-timers. **Talk to the coordination team before advising your child** — our team does this every year and knows how to handle it. When the family acts without aligning first, the team's work loses its effect.

The health form is the most important document on this list.
It is how the nursing team knows about allergies, dietary restrictions, medication and history before the bus leaves. Fill it in carefully, without skipping fields — information that arrives on departure day arrives too late to become a plan.

Reference hospital: Hospital Novo Atibaia, in Atibaia (SP). The ambulance stays on site throughout the week.

What applies to *EVERYONE*

Short rules, so the week runs well. They apply to campers and to staff alike.

Phone and Wi-Fi

Wi-Fi is available to campers in **three windows a day: 7–9am, 12–2pm and 5–7pm**. Outside those hours there is no network — on purpose, so the phone does not compete with training or sleep — and the device stays with the camper.

Best time to call

In the middle window, between **12pm and 2pm**. Contact is allowed and sometimes necessary; we just ask for good sense so it is not excessive. Campers without a phone use the coordination number.

What is not allowed

Alcohol, tobacco and drugs. Violence, bullying, harassment, discrimination and vandalism. Leaving the camp outside official logistics.

Pool only with supervision

Every activity is supervised at all times, including pool sessions, with staff in the water.

If something is not right, talk to the coordination team first. They are with the group 24 hours a day and solve things faster. The WhatsApp number is on the last page.

Coverage of the *WEEK*

A photography and social media team records the best moments, so the family can follow along during the week and the camper takes the memories home.

Follow along during the week

We post on Instagram **@h10handcamp** and in the family group. You can watch the day happen without having to call.

Photo package

Available to buy before the camp, at promotional prices. Details go to the family group. Buying is optional — none of the coverage depends on it.

Image use

It depends on a specific authorisation, which is optional and can be withdrawn at any time. Details are on the website, at **h10handcamp.com.br/privacy**.

WHAT IS COMING

This is the week *WAITING FOR YOU*

Every photo is from the January 2026 edition. None is stock — these are people who were there.

Anything at all, *TALK TO US*

BEFORE DEPARTURE

WhatsApp +55 11 93623-8737

Documents, health form, room requests and whatever else comes up.

DURING THE WEEK

Camp coordination · same WhatsApp

Health, homesickness, room, the unexpected — talk to coordination first.

WEBSITE AND SOCIAL

h10handcamp.com.br

@h10handcamp · contato@h10sportscamp.com.br

19–24 January 2027 · Estância Nazaré Paulista · SP

See you at Decathlon Morumbi, 7:30am. **Have a great week.**

Agreement, cancellation policy, privacy notice and terms of use are at **h10handcamp.com.br** · This handbook is the operational document for the January 2027 edition; if it differs from the enrolment agreement, the agreement prevails.