



3DAHM 2024 Montevideo URUGUAY 3-6 December 2024

# URUGUAY NATIONAL FOOTBALL TEAM TRAINING PREMISES

3DAHM 2024 PRE-CONGRESS ACTIVITY  
Guided by Dr. Andrea Matiozzi

## Monday Dec 2

9:00 Departure from Regency Golf Hotel, Montevideo

2-hour visit of *Complejo Celeste*, not far from the Airport in Canelones Department. Explore the 10-hectare training center of the National Football teams of Uruguay. Insight into human movement analysis within elite football, meet the technical staff, premises & biomechanic instruments used to enhance player performance and prevent injury.

12:00 Return bus to Regency Golf Hotel, Montevideo



**COST: USD 50** includes transport to/from Complejo Celeste-Regency Way Hotel.

**NOT INCLUDED:** Anything not explicitly mentioned in the program is not included.

*3DAHM is a Technical Group of the ISB International Society of Biomechanics*

November 27, 2024

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