

SAQUAREMA VOLLEYBALL DEVELOPMENT CENTER Brazil

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- The main goal of this complex is to concentrate in one place all facilities and necessary equipments to the training system of sports teams, aiming the development the human been.
- CDV Saquarema, also have the goal of enhancing the programs of training of all national volleyball teams, promoting better integration among the teams staffs, allowing more interaction of the planning systems.
- The project also develop social activities in the facilities, and promotes educational courses for referees, coaches, managers and professionals working in sports.





A Champions Place!

Volleyball Development Center - Saquarema VDC-S

Builded

From October 10, 2001

To August 25, 2003

684 days

1 year, 10 months, 15 days





The VDC-S is located in Saquarema City, with an area of 108.000 m², only one hour from Rio de Janeiro City.





- 1. 108.000 m² area
- 2. 4 beach volleyball courts
- 3. 4 indoor courts (8 teams at the same time)
- 4. 1 soccer field
- 5. 2 tennis courts
- 6. 1 swimming pool
- 7. 1 swimming pool for kids
- 8. 800 m² for fitness and physiotherapy















- 1. Hotel 110 large beds
- 2. Dry and steam sauna
- 3. 2 Jacuzzi
- 4. Auditorium for 80 persons
- 5. Restaurante
- 6. Volleyball Museum
- 7. TV Room
- 8. Games room
- 9. Boats and kayaks
- 10. Parking
- 11. Heliport

















Home of Brazilian Volleyball







National junior team practicing blocking







National junior team practicing spiking and protection





Setters of the national junior team practicing







Roll and prepare to defense

National junior team practicing defense





Equipments







Equipments and drills



Team Preparation



Competitions

Two main competitions in the cycle

- Preparation competitions
- International experience
- National tours > stronger opponents

Amount of training

- 6 days/week brake
- 4 to 5 hours/day 09:00 to 11:30 & 17:30 to 20:00

Team Selection





Youth > Championships in states



Contact with coaches

Criteria = 195 to 205 cm

50 athletes > 20 > 16 > 12

• Junior > New athletes



Adult > New athletes



Team Selection



Coaching Staff

- Head coach > Permanent staff (7 to 18 years)
- Team management > Male and Female
 - •Team Manager
 - •Head Coach
 - Coach Assistant
 - •Trainer
 - Doctor
 - Physiotherapist
 - Psychologist
 - Scout and statistics
 - •Nutritionist
 - Journalist







Working in the swimming pool

Working with weights







Coaches and staff 's table in the restaurant

The next generation of beach volleyball







Tests in the auditorium







Brazil junior male team practicing with Chile adult team

Brazil youth female team practicing with Chile adult team







After practice Jacuzzi and ice machine







Physiotherapy Prevention and recovery









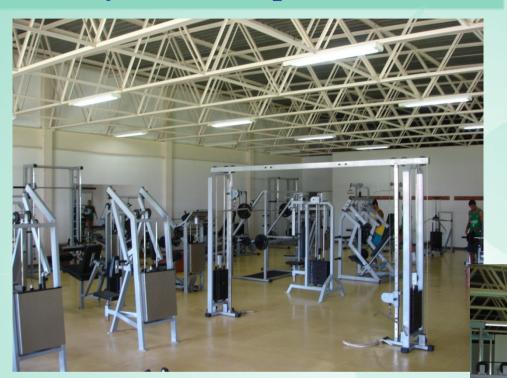


Dry Sauna



Steam Sauna





Fitness room adapted to volleyball players height







Nutrition and body weight control





Youth team watching the finals of national female league













Thank You





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