



**SAQUAREMA
VOLLEYBALL DEVELOPMENT
CENTER
Brazil**

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Saquarema

Volleyball Development Center



- **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.**

Saquarema Volleyball Development Center



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

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

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Saquarema's
Beach

Saquarema's lake

VDC - Saquarema

Saquarema Volleyball Development Center

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



Saquarema Volleyball Development Center

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



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**Home of Brazilian
Volleyball**



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**National junior team
practicing blocking**



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**National junior team
practicing spiking and protection**

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Setters of the national junior team practicing

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Roll and prepare to defense

National junior team practicing defense

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Equipments

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**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



Orientation - Youth > Junior > Adult (needs)

- **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



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Working in the swimming pool

Working with weights



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**Coaches and staff 's table
in the restaurant**

**The next generation
of beach volleyball**



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Tests in the auditorium



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**Brazil junior male team
practicing with
Chile adult team**

**Brazil youth female team
practicing with
Chile adult team**



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**After practice
Jacuzzi and ice machine**



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Physiotherapy Prevention and recovery



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Brazilian youth female team and Chilean adult team

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Dry Sauna

Steam Sauna



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**Fitness room adapted to
volleyball players height**



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**Nutrition and body weight
control**

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**Youth team watching the finals
of national female league**



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World League



Grand Prix



Thank You



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