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# REAL MADRID FOUNDATION CLINICS RESIDENTIAL PROGRAM



# RESIDENTIAL

## SAN DIEGO 2020

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# OVERVIEW

Avanza Sports is proud to be the official partner of the Real Madrid Foundation Camps in the United States. Together we bring the Real Madrid Methodology and training to youth players from the US clinics with selected training technics that are taught by official Real Madrid coaches.

The goal of the Real Madrid Foundation camps is to promote sporting culture and healthy way of life for educational and recreational purposes, seeking the individual and social development of children through sport. The foundation has the end goal of helping both those in the camps and clinics, as well as those in less privileged areas of the world.



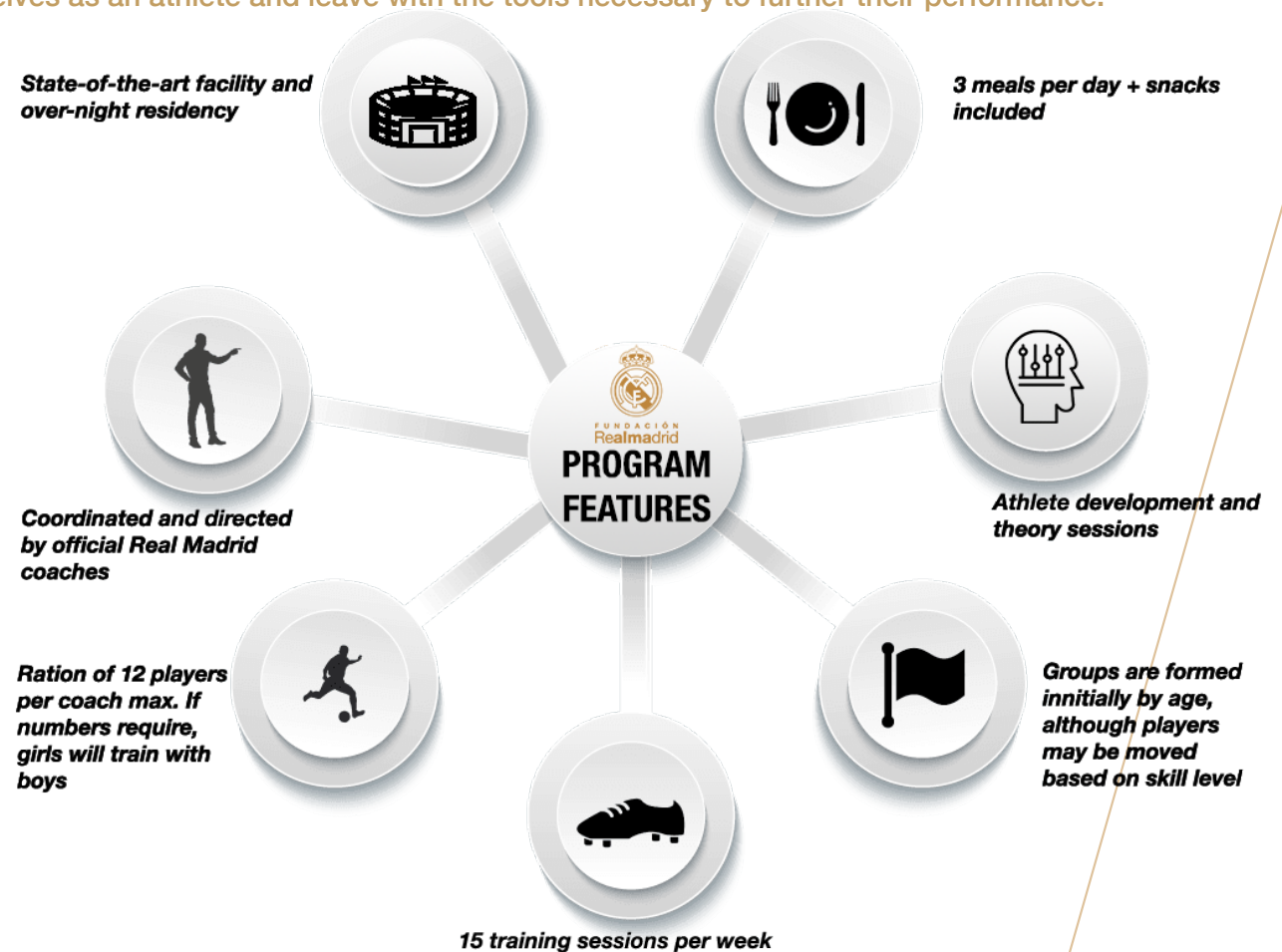
# PACKAGE INFORMATION

The Residential program is for those players that are looking to have a 100% football experience in one of the best facilities of North America and under one of the world's most renowned coaching styles. Players will be a part of Real Madrid Foundation Soccer camps during the day as well as experience a wide variety of different activities in the evening. These activities and seminars will be centered around athlete development and touch on topics such as nutrition, physical preparation and testing, workout recovery, team building and much more. Participants will learn about themselves as an athlete and leave with the tools necessary to further their performance.

## THE PACKAGE

- Real Madrid Foundation on field training program
  - 9am — 3pm, Monday — Friday
- 6 nights hotel accommodation at the Chula Vista Elite Athlete Training Center
  - Transportation from Airport to the facilities available upon request
- Breakfast, lunch, dinner and snacks
- Access to high performance training facilities
- Baseline physical assessment (Monday)
- 2 recovery sessions (Tuesday & Thursday)
- 4 athlete development workshops (Tuesday — Friday)
- Nutritional workshop (Wednesday)
- Team building workshop (Friday)
- Free time in the evenings
- Staff supervision at all times

\*Uniform purchased separately





# SCHEDULE

- Check in will be on Sunday, July 5<sup>th</sup> in between 3pm to 5pm.
- Real Madrid Foundation camp will take place from 9am to 3pm, Monday to Friday.
- Afternoon activities and sessions will take place from 5pm to 7pm
- Check out will be on Saturday, July 11<sup>th</sup> between 11am and 11:30am



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SUNDAY JULY 5th	MONDAY JULY 6th	TUESDAY JULY 7th	WEDNESDAY JULY 8th	THURSDAY JULY 9th	FRIDAY JULY 10th	SATURDAY JULY 11th
Check in <i>afternoon</i>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Facility visit & Presentation	On Field Training + Lunch	On Field Training + Lunch	On Field Training + Lunch	On Field Training + Lunch	On Field Training + Lunch	Check out <i>morning</i>
Dinner	Snack	Snack	Snack	Snack	Snack	
	Team Building & Physical Testing	Recovery Module	Nutrition Module	Athlete Development Module	Athlete Development Module	
	Dinner	Dinner	Dinner	Dinner	Dinner	

# REAL MADRID FOUNDATION CAMPS PROGRAM

- 15 Training Sessions
  - 5 Tactical (High Paced) Sessions
  - 5 Skills (Intermediately Paced) Sessions
  - 5 Games (Cool Down) Sessions
- 5 Competitive games at the end of each day
- 2 Real Madrid Foundation Technical Directors
- 4 Head Spanish Coaches
  - Ratio of 1 coach for every 12 players (1:12)



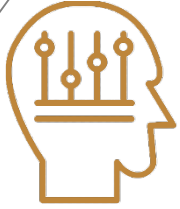
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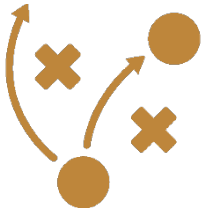
# REAL MADRID FOUNDATION CAMPS

## VALUES



### Self-control

Managing emotions and trusting one's education



### Initiative

Guidelines for the achievement of defined goals and decision making



### Respect

Sportsmanship and empathy towards teammates and opponents



### Teamwork

Team tactics, defining common goals and team spirit



### Hard Work

Perseverance, discipling, and self improvement through all obstacles





# ACTIVITIES

## Recovery Session

Recovery sessions will focus on common practices and techniques to help players recover after every training session. Topics and demonstrations will include stretching, foam-rolling, inflammation reduction, myofascial release and more.

## Team Building

Problem solving oriented and trust based activities will help “break the ice” and increase team cohesiveness. These activities and games will give the participants an opportunity to introduce themselves to one another and become comfortable with their new teammates and staff.



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# ACTIVITIES



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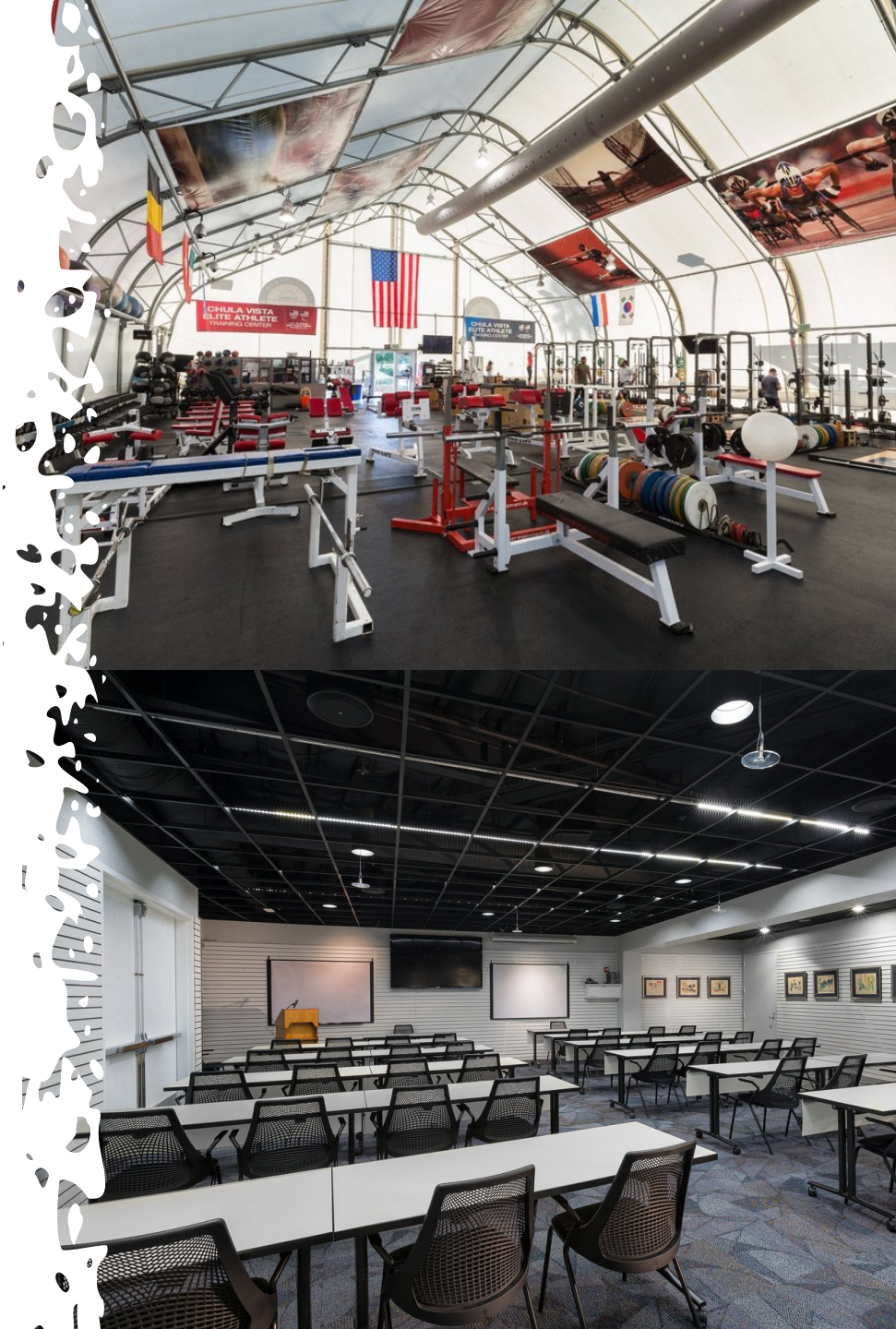
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## Strength and Conditioning.

It is important for soccer players to strive for a high level of athleticism to perform well and prevent injuries. Our program will define certain fitness baselines for each athlete on day one. Concepts will be introduced throughout the week that will teach the participants how to build on their areas of weakness and maintain their strengths

## Tactical Session

Our program will give players an introduction into the fundamentals of football tactics and provide players with a detailed breakdown of the phases of the game. Position specific analysis will help players better understand the roles and responsibilities throughout all moments in the match.



# ACTIVITIES

## Nutrition

Meals are served in the dining hall which boasts panoramic lake views. The menu is performance-driven and planned in advance by the CVEATC executive chef and elite athlete nutritionists. Athletes will learn about proper practices when it comes to fuelling for and recovering from training or matches. Participants will get an understanding of the science and importance of good nutrition.

## Free Time

Athletes will have free time to relax and explore the lounge area which includes books, billiards, ping pong, foosball and much more.



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# FACILITY

The Chula Vista Elite Athlete Training Center is home to some of the world's best training and competition venues. The venue is the official training site for the US Olympic and Paralympic teams. It has hosted numerous professional soccer team training camps as well as international representations like the US National Team and Mexico's National Team, as well as hosting many international friendly matches.

Located just outside the city on the edge of Lower Otay Lake, the training facility is not only state-of-the-art in terms of its equipment, but also provides a gorgeous backdrop with the mountains in the background, along with Otay Lake. Brick paths lead you to different training areas where you can overlook the athletes doing what they love best.





# PRICE



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## Included

Accommodation



Transportation from airport (upon request)



Meals (Breakfast, Lunch, Dinner & Snacks)



Real Madrid Foundation Summer Camp



24/7 Staff Supervision



Physiotherapist on site during the camp



Access to High Performance Facilities



Baseline Physical Assessment



2 Recovery Sessions



4 Athlete Development Workshops



Nutritional Workshop



Team Building Workshop



Insurance



Flight



**Early Bird Price** ends February 1st **\$1,295**

Regular Price

**\$1,595**





# REGISTRATION

## Ages

11 — 16 years old  
2009 — 2004

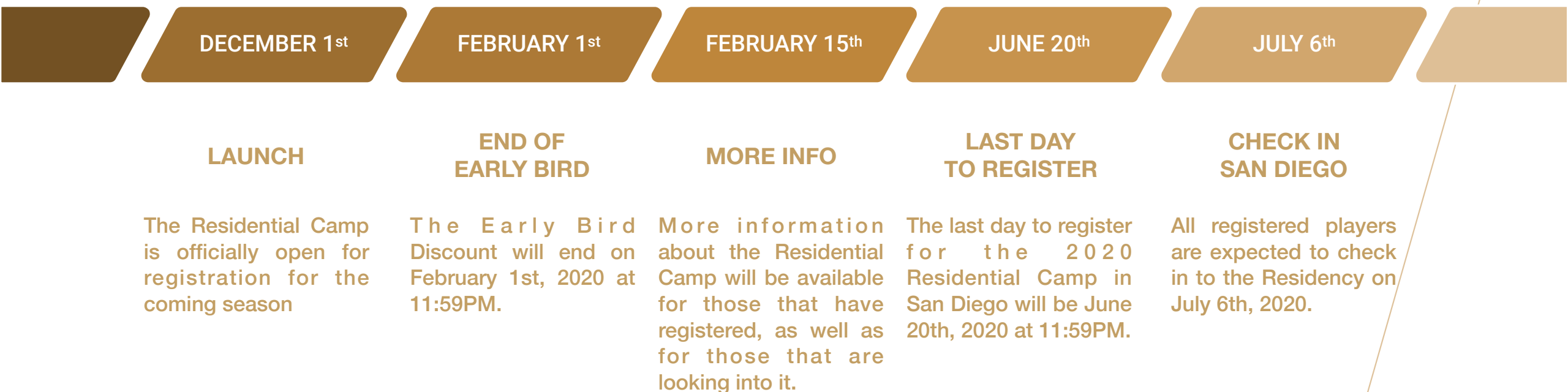
## Registration process

1. Being the registration process on the Real Madrid Foundation Clinics website at [Residential San Diego](#)
2. There are two options : Lump Sum Payment and Instalment Plan  
\*Instalment plan must be done by request through email ([info@rmfclinicsusa.com](mailto:info@rmfclinicsusa.com)) The option may be subject to interest charges
3. You're all set!



# TIMELINE & DEADLINES

All the important dates and deadlines bellow:





# TESTIMONIALS

— “The accommodations were amazing and meals were healthy. Yes I would definitely recommend the camp, you can easily make friends and the training sessions were fun. It helped me improve my passes, skills and movement. You will enjoy it!”

— “What I enjoyed the most about the camp were the training sessions they help me improve and they were fun.”

— “I learned how to know where to move, so I can ask for the ball.”

— “The accommodations were amazing! You can just relax after a tough practice. They also had a really fun place to chill and play games such as pool, ping pong, video-games, etc.”

— “The food was good and healthy. They also had deserts that were good as well.”

— “You can easily make friends and the training sessions were fun and helps you on your passes and skills. You will enjoy it!”



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# CANCELATION POLICY

## APPLIES FOR ALL PACKAGES

If you choose to cancel your reservation, we must receive a written notice of said cancellation either via certified mail, overnight Courier, or an e-mail sent to [info@realmadridcamps.com](mailto:info@realmadridcamps.com) (with confirmation of receipt thereof from Avanza Sports), and you may be subjected to the following cancellation fee Schedule:

- If we receive the written notice prior to 90 days of the scheduled commencement date, the organization will retain \$95.00 as a compensation for the registration expenses.
- If we receive a written notice between 90-60 days of the scheduled commencement date, the organization will retain 50% of the fee paid.
- If we receive a written notice of the cancelation within 60 days of the scheduled commencement date, there will be no refund of the amount paid for the Real Madrid Soccer Camps or Residential Program.
- If the participation simply does not show up to the camp, there will be no refunds for the amount paid or equipment shipped to participant.





# FAQS

## Are flights included in the price?

Flights are not included in the residential camp price. Once you book your flight, please let us know the details of the flight for your child's arrival. A shuttle to pick them up and drop them off at the airport is available upon request.

## What are the payment options?

There are two options for payment. The first option is a **Lump Sum** deposit upon registration to the camp. The second option is an instalment plan which is available upon request and may be subject to interest charges.

## Is the uniform included in the price?

The uniform is not included in the price. Each participant will need to purchase the full Real Madrid Soccer Camp training kit that includes an Adidas jersey, Adidas shorts, and a pair of Adidas socks directly from our partners **Soccer.com**. After registration, you will receive a link with the uniform order form, after you place your order the uniforms will be shipped to your house.

## What are the age groups?

Players are grouped by age on the first day. However during the week, players may be moved around to different groups depending on their skill level.

## Trainings

Players will join the Real Madrid Foundation Summer Camp in San Diego for their training session from 9am — 3pm. After which they will return to the residential facility and continue their scheduled program.

# FAQS

## Check-in & Check-out

Check-in is on Sunday afternoon and check-out is on Saturday morning. There is an option to check out on Friday night if it is more convenient, upon request.

## Does my child need spending money for the camp?

This is up to the parents. The costs of the residential camp are covered, however if they want to buy something that isn't included in the camp, they will need their own money.

## Lost Items

We are not responsible for any lost or stolen items during the camp. Players are welcome to bring their electronics with them, however we are not responsible for them.

## Meals

All meals are included in the price of the residential camp (breakfast, lunch, dinner and snacks). There is also a buffet on site that is tailored specifically for athletes.

## Is laundry services included in the price?

Yes, the cost of doing your laundry is included in the price for the Real Madrid uniform. Personal items are not included in the cost.





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# READY TO BEGIN AN UNMATCHED EXPERIENCE

**Real Madrid Foundation Camps**

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