



**Soccer The Brazilian Way presents:
Sweet Briar Residential Camp Activities**

Sweet Briar Activities from July 21 – July 25th

Location: Sweet Briar College is located at 134 Chapel Rd, Sweet Briar, VA 24595

Contact numbers for the week at camp are:

Gus Donolo: Camp Director: 301-996-4625 (GOAL)

Romina Donolo: 301-404-4625 (GOAL)

You can also email us at: gusdonolo@gmail.com

Make sure players have lunch before check-in. Lunch will NOT be served the first day.

Residential Campers:

Check-in time on Friday, July 21th is from 1:00PM to 2:00 PM.

Pick-up time on Tuesday, July 25th from 11:00 AM to 11:30 AM

ONLY DINNER WILL BE SERVED THE FIRST DAY OF CAMP

Staff Directors : Gus Donolo, Romina Donolo

Trainers: Dave Macmillan, Marcos Chantel, Fabio Vicente

What the dorms provide:

Phone access to make local calls, wireless internet, 24-hour security, TV and DVD (one per main dorm) snack machines

(bring change)

Dorm policies: All players must leave doors locked once out of the dorm and unlocked at night.

One key will be provided for each room. Player/players will be responsible for the key.

Bring a keychain or a lanyard. Only the Camp Director will have a master key.

Communal bathrooms, one per floor, 4 to 5 showers each.

All Campers must sleep with doors unlocked so we can monitor them. We will have lights out at 10:30 PM every night except on the night of the Futsal Tournament.

You may bring snacks and drinks. All dorms have one refrigerator and laundry room at the lower



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levels.

Doors will be locked by security guards that patrol the campus every night at 11:00 PM. All doors will be unlocked at 6:00 AM

What to bring: Twin bed sheets, cover, pillows, personal toilet articles, fan, bathing suit, towels to swim and towels to shower, laundry detergent and snacks for the week, medications if needed. Please make sure to let us know if your child is taking any medication(s).

Soccer Equipment: soccer cleats, running shoes, shin guards, indoor shoes for Futsal (flat sole), one soccer ball per player, sunscreen, insect repellent, jug for water, bag.

No medication (prescription or over the counter) will be given without a written permission from the parents AND an order from the physician.

Ice and water will be provided for the players at all times while training.

Food Services: The camp furnishes breakfast, lunch and dinner, prepared “healthy gourmet”, in the newly renovated, air conditioned dining hall.

Campers may optionally order pizza at night at their own expense. For this option do not forget to bring cash or your credit card as payment will be due on delivery.

Check-in or registration:

Follow signs to Dorms - Check in will be in front of dorms assigned to you

Room assignments and keys will be given at check-in. A map of the campus and weekly schedule will be given to all campers. . Players must be back in front of their dorms by 2:15pm ready to train (soccer cleats, running shoes, shin guards, indoor shoes for Futsal, soccer ball, sun-screen, insect repellent, jug full of water, bathing suit, towels). At 2:30 pm we will have an introductory meeting to the campers and all activities for the week.



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Welcome to our Outdoor and Futsal Residential Camp. Detailed Activity Schedule:

Friday July 21st

2:30 PM – 5:30 PM - Outdoor Training - Theme -Position Specific (Master the unique skills needed at different positions of the field. Making runs, clearing space, sending players through, shutting down an opponent and using angles.)

6:30 PM – 7:30 PM - Dinner

7:30 PM – 9:00 PM Futsal Training / Theme: Attacking Team Transition Patterns

9:00 PM – 10:00 PM - Free time

10:00 PM – lights out

Saturday July 22nd

7:30 AM – Wakeup call

7:30 AM – 8:30 AM - Breakfast

9:00 AM – 9:30 AM - Pre- Activation Work and dynamic warm up

10:00 AM – 12:00 PM - Training -Theme: passing, turning, technical stations

12:30 PM – 1:30 PM - Lunch

1:30PM - 2:30PM - Talent Show with prizes for winners

2:00 PM – 3:00 PM - Swimming

3:30 PM – 5:30 PM - Outdoor Training - Theme: individual and group defending

6:30 PM – 7:30 PM - Dinner

8:00 PM – 10:00 PM - Futsal Training / Attacking Pivots

10:30 PM – Lights-out

Sunday July 23rd

7:30 AM – Wakeup call

7:30 AM – 8:30 AM - Breakfast

9:00 AM – 9:30 AM - Pre- Activation Work and dynamic warm up

9:30 AM – 12:00 PM – Training – Theme – Building out of the back – Break lines into the middle or attacking 1/3, create diamonds, spacing ,rotational movement in midfield, play between lines, change point of attack.

12:30 PM – 1:30 PM - Lunch

1;30-2:00 PM - skill challenge competition

2:00 PM – 3:00 PM - Swimming

3:30 PM – 5:30 PM - Outdoor Scrimmages / Match Strategy: Speed of play, buildups, changing point of attack, team shape and applying pressure.

6:30 PM – 7:30 PM - Dinner

8:00 PM – 10:00 PM - Futsal Training / Passing and off the ball runs

10:30 PM – Lights-out



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Monday July 24th

7:30 AM – Wakeup call

7:30 AM – 8:30 AM - Breakfast

9:00 AM – 9:30 AM - Pre- Activation Work and dynamic warm up

9:30 AM – 12:00 PM - Training /Theme: Shooting - volleying, long range finishing, breakaways, crossing and finishing, combination play, movement to create space

12:30 PM – 1:30 PM - Lunch

2:00 PM – 3:00 PM - Swimming

3:30 PM – 5:30 PM - Futsal Training/ Overlapping Passing Squares

6:30 PM – 7:30 PM - Dinner

8:00 PM – 10:00 PM - Futsal Tournament with prizes

10:30 PM – Lights-out

Tuesday July 25th

7:30 AM – Wakeup call – (Players must have everything packed before heading out)

7:30 AM – 8:30 AM - Brunch

9:00 AM – 10:30 AM - Outdoor Scrimmages

11:00 AM – 11:30 AM - Pickup time at Student Center Lounge.



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Residential camper's pick-up:

Parents will meet the campers at the dorms and sign them out and give back the room key.

Safety notes:

Remember to fully complete your medical release forms and sign waivers.

Lifeguards will be on duty for swimming activities and 24 hour campus security

If you have additional questions, please contact us at 301-996-4625 (GOAL)

I hope you enjoy the camp with us

Sincerely,

Gus Donolo,
Director of Training
Soccer the Brazilian Way
301-996-4625 (GOAL)
www.soccerfrombrazil.com



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