

PARIS SAINT-GERMAIN ACADEMY

RESIDENTIAL SUMMER CAMP

2024



BRITISH COLUMBIA



AN EXCLUSIVE OFFER



UNIQUE: PRO COACHES TRAVELLING FROM PARIS

The Paris Saint-Germain Academy British Columbia Camps are under the supervision of certified Paris Saint-Germain coaches who gained expertise and knowledge at the Paris Saint-Germain Headquarters in Paris.



The coaching team travelling from Paris is uniquely equipped with the resources and capabilities to bring the excellence of European soccer to Canada.

Players have direct access to the Paris Saint-Germain coaches, the world-class Paris Saint-Germain training methodology, and the invisible training programs, replicating the daily schedules and routines applied for the professional club in Paris.

Each coach is a youth development expert with extensive experience in shaping elite players.

DEMOGRAPHY



FOR ADVANCED PLAYERS

During the summer, Paris Saint-Germain Academy British Columbia Residential Camps welcome players coming from all over the world to reach the next level and discover the world-class PSG Academy methodology

Requirements are as follow:

GENDER

Boys and girls

NATIONALITY

All nationalities are welcome

AGE

From age 12 through 15 (born 2012 – 2009)

LEVEL

Minimum 2 years of competitive experience

NOT FOR BEGINNERS

Not recommended to players who don't play competitive soccer in a club and/or are not athletic. In case of doubts or questions, feel free to contact us at office@psgacademyvancouver.com



DATES



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Boys and Girls

Residential: Sunday July 28th - Friday August 2nd, 2024

Day Camp: Monday July 29th - Friday August 2nd, 2024

What is the difference?

Residential : Includes a full camp experience with accommodation and activities throughout the day

Day camp : Includes 2 training sessions every day. After training, players return with their parents



LOCATION



PARIS SAINT-GERMAIN ACADEMY BRITISH COLUMBIA



PARIS SAINT-GERMAIN
ACADEMY
BRITISH COLUMBIA



CANADA



WHISTLER ATHLETES' CENTRE

1080 LEGACY WAY, WHISTLER, BC V8E
0K3

WHISTLER ATHLETES' CENTRE

Our residential program is based in the Whistler Athletes' Center to provide not only excellent services and amenities but also a full immersion to an athlete's life. **Home of the 2010 Winter Olympics, the Whistler Athletes' Centre is an accommodation and training facility, catering to high performance and development athletes.**



STATE-OF-THE-ART FACILITIES

- 1 main soccer field with natural grass
- Athletic training areas
- Video analysis rooms
- Complimentary Wi Fi throughout the lodge
- Commercial size kitchen for meals
- Balanced meals (breakfast, lunch, snack, diner)
- Laundry service machines
- Air-conditioned meeting rooms
- Common room to hang out, play cards, board games or gaming
- Multi-sports courts
- Safe and quiet location
- 24/7 surveillance and staff



PRO FOOTBALL DEVELOPMENT



PARIS SAINT-GERMAIN EXPERTISE

The Paris Saint-Germain Academy British Columbia Technical Team has designed an intensive program to bring each player to the next level and build healthy habits. Dedicated players will learn and then master the key fundamentals of the world-renowned Paris Saint-Germain methodology.



REACH THE NEXT LEVEL!

- Develop intelligence of play, understanding and vision of the game.
- Mastery of tactical and cognitive traits: concepts, positioning, and style of play
- Mastery of coordination and technical skills with in-game scenarios
- Physical preparation: strength, endurance, speed, and agility
- Injury prevention routines: individual and collective
- Individualized and specific programs: by position and in transitions
- Mental preparation: exercises and games
- Team building: improving communication
- Performance monitoring
- Invisible training: nutrition, rest, hygiene, recovery

4 hours of soccer development per day

OBJECTIVES



OBJECTIVES

WHAT IS YOUR OBJECTIVE?

- ✓ Learn from PSG coaches travelling from Paris
- ✓ Discover the world-class PSG Academy methodology
- ✓ Train with elite players coming from all parts of the world
- ✓ Reach the next soccer level
- ✓ Participate in a pro soccer development program
- ✓ Enjoy a genuine Canadian experience in a beautiful and unique environment



SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 - 11:00		OPENING CEREMONY Training	TRAINING	TRAINING	TRAINING	GAMES	INTERNATIONAL DEPARTURES
11:00 - 12:00		Lunch	Lunch	Lunch	Lunch		
12:00 - 13:00		Physical Therapy	Physical Therapy	Physical Therapy	Physical Therapy	Lunch	
13:00 - 16:30		WHISTLER EXPERIENCE ACTIVITY	WHISTLER EXPERIENCE ACTIVITY	WHISTLER EXPERIENCE ACTIVITY	WHISTLER EXPERIENCE ACTIVITY	GAMES / CLOSING CEREMONY	
16:30 - 17:30		Snack / Recovery Time	Snack / Recovery Time	Snack / Recovery Time	Snack / Recovery Time		
17:30 - 19:30	CHECK-IN	TRAINING	TRAINING	TRAINING	TRAINING	CHECK OUT / DEPARTURES	
19:30 - 20:00		Recovery Time	Recovery Time	Recovery Time	Recovery Time		
20:00 - 21:00	Welcome Dinner	Dinner	Dinner	Dinner	Dinner	Dinner <small>(players flying on Saturday)</small>	
21:00 - 22:00	Presentation Activities	Team Building activity	Movie Night	Team Building activity	Team Building activity	Movie night <small>(players flying on Saturday)</small>	
22:00	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	

Parents are invited to join.

*Schedule subject to change

A TYPICAL WEEK

ALL PLAYERS (DAY CAMP AND RESIDENTIAL)

- **Full field experience:** 2 trainings per day + games on Friday.
- **Award Ceremony:** each player receives 1 certificate of participation, pictures of his experience, **1 personalized performance report.**
- **Parents friendly:** parents are invited to join during ceremony on Friday. Parents may also watch trainings and games on Friday.

ONLY RESIDENTIAL PLAYERS

- **Physical therapy:** provided daily depending on needs.
- **Team building activities:** games, quizzes, board games, video games, excursions, necessity shopping.
- **Meals:** balanced Breakfast, Lunch, Snack and Dinner are provided.
- **Laundry:** provided at the hotel. Laundry machines available for players.
- **Recovery:** players must follow recovery procedure when established. Perfect time to communicate with family and spend time with new friends.



DAY CAMP PRICING





DAY CAMP PRICING

Monday through Friday - 9:00 to 7:30 PM

SOCCER

- ✓ 4 Hours of soccer training per day (Technical, tactical, physical, mental)
- ✓ Daily supervised physical preparation (cardio, strength, speed)
- ✓ Position specific training (goalkeepers, defensive, offensive positions)
- ✓ Physical / Technical tests
- ✓ Internal competition
- ✓ Opening / Award Ceremony
- ✓ Performance report & individual meeting with technical director

BALANCED MEALS

- ✓ 2 Meals (lunch and snack) / day + water at will

ACTIVITIES ON THE CENTER

PRICE

1,250 CAN

Including 2 PSG Academy British Columbia Nike kits: 2 training jerseys, shorts*

** Included in the price - Goalkeepers receive long sleeves Nike PSG Academy British Columbia Jerseys*

ADDITIONAL SERVICES:

- ✓ **PROOF OF TRAVEL / HEALTH INSURANCE (MANDATORY)**

RESIDENTIAL PRICING



INCLUDED IN THE RESIDENTIAL CAMPS

Sunday through Friday*

SOCCER

- ✓ 4 Hours of soccer training per day (Technical, tactical, physical, mental)
- ✓ Daily supervised physical preparation (cardio, strength, speed)
- ✓ Position specific training (goalkeepers, defensive, offensive positions)
- ✓ Physical / Technical tests
- ✓ Internal Competition
- ✓ Opening / Award Ceremony
- ✓ Performance report & individual meeting with technical director

BOARDING

WHISTLER ATHLETES' CENTRE

- ✓ Comfortable suites with Twin XL beds
- ✓ Room cleaning, towel change
- ✓ 24/7 surveillance
- ✓ Laundry service

BALANCED MEALS

- ✓ 4 Meals / day + water at will (breakfast, lunch, dinner, snack)



INCLUDED IN THE RESIDENTIAL CAMPS

Sunday through Friday*

ACTIVITIES**

- ✓ Team building, movie night
- ✓ Mall shopping
- ✓ Whistler experience (Village, Gondola, Watersports, Go Karting, etc...)
- ✓ Hiking

SUPERVISION

- ✓ Night Chaperone Ratio (1:14)
- ✓ 24/7 Supervision and care from professional staff

* International players may fly back home on Saturday

** Activities may vary depending on weather and availability



RESIDENTIAL PRICING

SHARED ROOM - TWO PLAYERS PER ROOM

5 nights: 1,975 CAN (Single room: 2,350 CAN)**
395 CAN / night.

Includes: 2 PSG Academy British Columbia Nike kits: 2 training jerseys, shorts*

** Included in the price - Goalkeepers receive long sleeves Nike PSG Academy British Columbia Jerseys*

***Single room: one player*

ADDITIONAL / OPTIONAL SERVICES:

✓ **PROOF OF TRAVEL / HEALTH INSURANCE (MANDATORY)**

✓ **AIRPORT TRANSFERS**
Vancouver International Airport YVR (Round trip)
\$110

✓ **UNACCOMPANIED MINOR ASSISTANCE**
Pick up + check-in **\$100**

✓ **FRIDAY NIGHT ACCOMODATION + MEALS**
In case player flies back home on Saturday **\$200**



GROUPS ACCOMMODATION



SIGN-UP YOUR TEAM TO THE HIGH-PERFORMANCE CAMPS AND BE ACCOMPANIED BY YOUR COACH!

Either you are a soccer parent, a travel agency or a coach and you wish to send your team or part of your team in the PSG Academy British Columbia Pro Summer Experience, we have the perfect package for you. With a minimum of 4 players, you may be eligible to accompany your team or receive special pricing for them.

Feel free to request a coach or a team/group estimate at office@psgacademyvancouver.com

REGISTRATION



SAVE YOUR SPOT

For any questions, concerns or special requests, please contact us at office@psgacademyvancouver.com

[REGISTER ONLINE](#)

[PSGACADEMYVANCOUVER.COM](https://psgacademyvancouver.com)

