

Soccer Team Pre Season Training

Father Gabriel Richard HS

Week: **07/08/13 to 07/12/13 from 9:00am to 4:00pm**

Where: Wide World Sports Center

2140 Oak Valley Dr.
Ann Arbor, MI 48103
734-913-4625

Coach: Coach Pedro Rita, USSF "A" License (refer to attached resume)
coachpedro@wideworld-sports.com

Cost: \$170.00 (per player, payable to WWSC)

Registration: Send email with information to Coach Pedro and Refer to attached documentation; bring payment on first day of camp.

(Registration online available, but don't pay any additional fee.)

Schedule:

	Mon	Tue	Wed	Thu	Fri
9:00AM	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
9:15AM	Sand Training	Physical Test 1	Speed training 1	Physical Training 3	Physical Training 4
9:45AM	Physical/Technical	Physical/Technical	Speed training 2	Spring Uphill	Physical/Technical
10:15AM	Break	Break	Break	Break	Break
10:45AM	Interval Training	Interval Training	Set Pieces	Interval Training	Set Pieces
11:00AM	Possession Training	Shooting	Possession Training	Shooting	Shooting
11:45AM	Cool Down	Cool Down	Cool Down	Cool Down	Cool Down
12:00PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:00PM	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
1:15PM	Technical Dribbling	Technical Passing	Technical Shooting	Tactical. 1 v. 1	Scrimmage
1:45PM	Technical Passing	Technical Shooting	Tact. Team Training	Technical Trapping	Scrimmage
2:15PM	Scrimmage	Scrimmage	Scrimmage	Scrimmage	Scrimmage
3:50PM	Cool Down	Cool Down	Cool Down	Cool Down	Cool Down
4:00PM	Dismissal	Dismissal	Dismissal	Dismissal	Dismissal



CHILDREN'S BOOKS AUTHOR | INSTRUCTOR / DEVELOPMENTAL SOCCER COACHING DIRECTOR | USSF "A" LICENSE



Experience

- * Started a developmental soccer program in February 7th, 2005 in Michigan that was increased from 60 students per session to over 200 students per session as well as a summer soccer camp that in (2005) had 300 campers and increased to over 950 campers last year (2011).
- * Co-started a soccer club in Michigan.
- * Started a textile company in Brazil that in just five years went from \$120,000 to \$2,000,000 revenue.
- * Started (2008) a free program for kids with disabilities that counted with five students and increased to 35 students in 2012.
- * Worked as a club soccer coach as well as a College (NCCC) and University (Michigan) Head Soccer Coach.
- * Co-started a soccer club in Michigan.
- * Worked as an industrial manager for a textile company (Dublack Malhas) increasing revenue in five years from \$2,000,000 to \$15,000,000 year revenue.

2005 , Feb. 7th – Present
 Soccer Developmental Director and Summer Soccer Camp Director & Coordinator at WideWorld Sports Center

2006 – 2010

Head Coach at Ann Arbor USA & Michigan Tigers FC
Ann Arbor, Michigan
U11 Girls Indoor Regional & National Champion
U14 Girls Premier and U15 Boys 1st division Premier

2007 - 2009

Head Women's Soccer Coach at University of Michigan Club Team
1st place at 2007 season
Finalist at regional 2007
Quarter Finalist at Nationals 2007 - Pensacola, FL
3rd place at 2008 season
Finalist at regional 2008

Quarter Finalist at Nationals 2008 - Alabama
Quarter Finalist at Nationals 2009 - Phoenix, AZ

2006 – 2009

Michigan Tigers FC Coaching Director - A2, - Michigan

2000 – 2004

Part time, Physical Education Instructor / Head Women's & Men's Soccer Coach at
Niagara County Community College, NY.

1979-1999

Twenty years playing and coaching for several professional and amateur teams in Brazil

Education

- United States Soccer Federation | Carson, CA | Audit USSF "A" License, March 2007
- United States Soccer Federation | Bowling Green, OH | USSF "A" License, July 2004
- United States Soccer Federation | Deerfield, MA | USSF "B" License, June 2003
- Cambridge State University | Honolulu, Hawaii | Master of Science of Education - Soccer, May 2003 - GPA 3.52/4.0
- Cambridge State University | Honolulu, Hawaii | B A in Physical Education - September 2001 - GPA 3.56/4.0
- United States Soccer Federation | W.S. New York | Soccer National License, May 2001
- State University Of New York At Buffalo English Language Institute Certificate in English, September 2001 GPA 3.90/4.0
- Universidade Regional De Blumenau | Brazil | B S in Social Science, December 1998 - GPA 3.30/4.0

Certification

- Workshop (03/16 to 03/24) in Spain with the US Soccer at Real Madri, Real Sociedad, Barcelona, Espanhol and Villareal.
- USSF "A" License
- Water Front Lifeguard/Lifeguard training First Aid - NCCC
- Development of Sport's Clinic - Boston University Soccer Clinic
- First Aid; AED and CPR for the Professional Rescuer Instructor America Red Cross
- CPR for the Professional Rescuer - Red Cross
- RTE Responding to Emergencies - Red Cross
- Standard First Aid - Red Cross
- Soccer Clinic - Westchester Soccer Clinic

Others

- Books published - Available online at all the book stores.
- The Magic Soccer Ball Series:
 - Soccer Field
 - Rules of Soccer
 - Passing and Shooting
 - Receiving and Trapping
 - Trapping and My first game
 - A Boy & His Dream
 - A Great Soccer Tournament
 - 20 Easy Ways to Help Save the Earth
 - 2nd Best Children's Picture Book
 - Bending a Ball

Dragon Soccer

- Is a free program created and run by Coach Pedro Rita and Susan Adam Rita with volunteers from Washtenaw county and offered as a community service. sponsored by Wideworld Sports Center who donates the space.

It provides an opportunity for youth with disabilities to engage on physical activity and interaction with others.

Green Earth Club

- Where we post ideas at our blog received from kids that read my book and are taking actions and changing little things at their communities. Those kids will get a recognition medal for their great work.



Follow me



WIDEWORLD SPORTS CENTER

- Kids' K.A.M.P.
 Soccer Camp

Attending Week(s) of: _____

Camper: _____ Birthdate: _____

Address: _____ Zip Code: _____

IN CASE MY CHILD BECOMES ILL OR INJURED AT CAMP, PLEASE CALL _____ or

(Name of Father/Guardian) (Place or Employment) (Work Phone) OR

(Name of Mother/Guardian) (Place or Employment) (Work Phone) OR

If parents cannot be reached, call _____ (Name of Relative/Neighbor) (Relationship) (Phone Number)

If none of the above parties can be contacted, I instruct the camp to contact:

Doctor's Name: _____ Phone Number: _____

Dentist's Name: _____ Phone Number: _____

Or the emergency room staff at _____ or _____

The _____ Emergency Health Clinic Phone Number: _____

If the designated parties are not available, I understand appropriate emergency care deemed advisable by camp authorities will be sought. Any special directions appropriate to my child are checked below.

Date: _____ Signature: _____

HEALTH FACTORS

This information will be shared with appropriate camp staff. Please put an "X" in the appropriate box, specify where indicated. Also, please read waiver and sign form.

- 1 Contact lens/glasses
 2 Bone/joint condition
 3 Diabetes
 4 Heart condition:
 5 Seizure disorder
 6 Hypertension or high blood pressure
 7 Asthma
 8 Special blood condition:
 9 Critical allergies (reaction):
med/drug
food
insect
other
 10 Attention Disorder:
 11 Other conditions or problems:
 12 Medications needed or used:
 13 None Known

I, the undersigned, acknowledge and agree that attending or participating in sports may be hazardous and may result in injury. I further agree that I assume all risks of injury for myself and anyone who comes with me to the premises incurred or suffered while upon the premises or as a result of using the facilities or equipment therein.

I further expressly agree to release WideWorld Sports Center, its owners, employees agents, successors, assigns, affiliates and anyone else associated with WideWorld Sports Center from any and all claims, demands or damages whatsoever, whether developed or undeveloped, known or unknown, anticipated or unanticipated, have, now or in the future, including, but not limited to any and all claims, demands or damages for negligence, personal injury and/or loss, theft or destruction of personal property. It is my intention that this release be as broad as Michigan law allows, releases of this sort to be. I understand that, without this document, the cost or participation would necessarily be greater, and I also acknowledge that I may obtain insurance to protect myself if I so chose.

I further agree to save, hold harmless, and indemnify WideWorld Sports Center, its owners, employees, agents, successors, assigns, affiliates and anyone else associated with WideWorld Sports Center, from any and all claims, demands or damages, including cost, interest and attorneys' fees which they may suffer or incur as a result of my claims by me, anyone who comes with me to the premises or related entities, and/or as a result of my claims, demands or lawsuits arising out of my actions or those of anyone who comes with me to the premises.

I have read the forgoing release, I fully understand it, and I agree to be bound by it.

Date: _____ Signature: _____