A word from CEO - Greg Breunich

Welcome to Club Med Academies. In the ever changing landscape of student learning and development, discovering the optimal way to help students maximize their talent capability and realize their potential, is no easy task. However, after over 40 years of developing some of the best performers in the world we have shaped our delivery and curriculum into a Learning Model that simplifies the process by focusing on the passion of the individual and supporting that passion with other fundamental learning elements to make the process of learning more efficient for the student.

I invite you to take a look at our Learning Model and Training Programs on the following pages to better understand our unique way of shaping out the next generation of students, athletes, and global citizens.

Our Vision & Mission

To change the landscape of high-performance sports training and educate the next generation of athletes. This is accomplished through our world-renowned coaches, our well-established, proven training methodologies, our commitment to high academic standards, our respect for diversity, and our dedication to creating exceptional opportunities for personal growth and optimal potential.

Scott A. Del Mastro M.A. - Director of Operations

Thanks for considering Club Med Academies. CMA is a complete performance training destination dedicated to helping every one of our students athletes prepare themselves for the challenges that life can bring in a safe and innovative environment. We look forward to seeing you on campus.
We are excited to share the unique Club Med Academies experience with you. Our school of learning is different from most, in that we believe that every student must have a discipline of focus when entering into the CMA environment. That discipline or passion is the connecting point for engagement with every student. It’s at this place where the learning process begins. We are strong believers that a dynamic learning culture is achieved when the soft and practical skills of an individual are developed, then applied and measured within a competitive platform.
Building champions is no easy task, however, at CMA we have a proven formula of taking students from start to the finish.

**Personal Commitment**
Decide to come to CMA and commit to the proven “process”

**Set Goals & Make a Plan**
Develop a personalized and specific roadmap to success

**Competing**
Putting the training to the test - when it counts

**More Competition**
Compete, train, compete, repeat again and again

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**01**
Assessment
Testing and Measurement – Identify individual needs

**02**
Start Training
Use CMA’s proven “Methodology” & “Periodization Plan”

**03**
Review & Re-Evaluate Performances
More Planning & Goal setting

**04**
Achieve
Enjoy the moment! Now, let’s get back to work!

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INTEGRITY | COURAGE | DISCIPLINE
CMA Soccer - Mission Statement

The ultimate goal of CMA Soccer is the development and placement of individual players while competing at the highest level. Therefore, in order to realize their individual potential players must work within the structure of a team for the betterment of a team. To that end the entire CMA organization including, coaches, staff, administrators, teachers are dedicated in order to progress from contender to winner and from winner to champion. The success of CMA Soccer players and teams will be the results of an organization built on the principles of UNITY, TRUST, DISCIPLINE, HUMILITY, SUPERIOR EFFORT and PRIDE.

Our Soccer Training Program

Our soccer program consists of two unique training sessions per day, totaling 20 hours on the field and additional hours devoted to mental and physical conditioning (including speed, agility, balance, and structured weight room sessions) each week. Our aim is to train five days each week with one match and one day for recovery. The content of training and its volume and intensity are monitored through a periodized approach for long term soccer athlete development.

Attitude. Concentration. Effort.

Our high-performance model produces players who understand the game and are autonomous thinkers, well educated and good citizens. Our foremost requirements are Attitude, Concentration and Effort. These are the three variables that the athletes themselves control.

55 20

Professional Players National Team Players
Michael Parkhurst, DeMarcus Beasley, Aron Johannsson, and many, many more.
Director - Thomas Durkin
US Soccer A License, National Staff Coach & Instructor/Coach Educator.

Extensive experience at every level of US Soccer. Coaching background ranging from Youth to Professional. Highly regarded for his ability to develop players and cultivate talent, respected for his tactical acumen and dedication to the growth of soccer in the US.

Tom’s proven development curriculum is among the best in the country. Our player development model is supported by over 55 players whom have become professionals while moving up the youth ranks under Durkin, including over 20 US National Team players at the U17, U20 and senior Men’s National Team levels. Players such as Michael Parkhurst, Eddie Johnson, Heath Pearce, DaMarcus Beasley, and Aron Jóhannsson were developed under Durkin. Come train with the former US U17 National Team and MLS coach and the professional staff at Club Med Academies!

Tom has a unique perspective on US Soccer having coached or directed programs with The Tampa Bay Mutiny (MLS), Boston Breakers (NWSL), and Bradenton Academics (PDL), NCAA Rutgers and Northeastern Universities DI & DIII, NJCAA Union and Richland College, US Soccer U17 National team, US Soccer Development Academy League and Directing the North Texas and Eastern Pennsylvania State Associations.

Tom comes to CMA from the Boston area where he was Club Wide Director and Development Academy Coach for New England Futbol Club (NEFC) and is happy to return to the academy platform in Florida. Tom was the Architect of IMG Soccer Academy, designing a comprehensive player development plan that produced 52 professionals and countless NCAA Division I Athletes over his 14 year tenure and is anxious to repeat or surpass the record of success with CMA Soccer.

Tom has Coaching Certifications from FIFA World Youth Football Academy, The Irish Football Association (FAI), The Royal Dutch Football Federation (KNVB) and US Soccer Instructor Badge.

The Coaching Team
Our high-performance coaching team is comprised of ex-professional players and US Soccer licensed coaches. Each coach brings not only their experience and expertise, but a particular skill set in dealing with age group developmental needs. With dedicated guidance, athletes are pushed to their limits day by day, game by game, in order to obtain optimal performance.
Club Med Academies is a gated and fully staffed professional sports academy located on the East coast of South Florida at Club Med Sandpiper Bay resort in the city of Port Saint Lucie, where student’s academic and training facilities, accommodations and dining restaurants are located right onsite.

Students can enroll at CMA on a full-time (year-round) or weekly basis, and select from their choice of boarding or non-boarding options. Full-time and weekly programs are available every week of the year. Additionally, program participants are given the opportunity to train with the best players, and engage regularly in competition, conditioning, mental training, nutritional guidance, video analysis and many other player development processes.

And as active members of CMA, students are automatically included in our Academy Life programming which continually strives to help students become more engaged citizens, not only right on campus but, in the larger local and global communities.

By joining the CMA family of staff and students you are committing to lifestyle of excellence in everything that you do. Join us.
# Full-Time Curriculum & Schedule

Full-Time Program Curriculum includes:

## Special Forces/Middle School (typically group of players with UTR under 8):

- **Monday-Friday:**
  - 6:45 AM TO 7:15 AM: BREAKFAST
  - 7:15 AM TO 8:00 AM: FITNESS SESSION
  - 8:00 AM TO 9:45 AM: SOCCER
  - 10:00 AM TO 12:00 PM: SCHOOL
  - 12:00 PM TO 1:15 PM: LUNCH
  - 1:15 PM TO 3:00 PM: SOCCER
  - 3:00 PM TO 5:00 PM: SCHOOL
  - 6:00 PM TO 7:00 PM: DINNER
  - 7:00 PM TO 9:00 PM: SCHOOL
  - 9:30 PM

- **Tuesday (1:00 pm to 1:30 Mental toughness session):**

- **Saturday:**
  - 8:00 AM TO 10:00 AM: SOCCER

## Top Gun/High School (typically group of players with UTR over 8)

- **Monday-Friday:**
  - 6:45 AM TO 7:30 AM: BREAKFAST
  - 7:30 AM TO 9:30 AM: SCHOOL
  - 9:30 AM TO 11:30 AM: SOCCER
  - 11:30 AM TO 12:15 PM: FITNESS
  - 12:15 PM TO 1:00 PM: LUNCH
  - 1:00 PM TO 3:00 PM: SCHOOL
  - 3:00 PM TO 5:00 PM: SOCCER
  - 6:00 PM TO 7:00 PM: DINNER
  - 7:00 PM TO 9:00 PM: SCHOOL
  - 9:30 PM

- **Tuesday (4:30 pm to 5:30 pm Mental toughness session):**

- **Saturday:**
  - 10:00 AM TO 12:00 PM: SOCCER

*These times are subject to change for short time students*
With one of the best most elaborate training camp facilities and programs in the world, Club Med Academies offers training and activity options like no other academy. Students are trained by the same coaches using the same methodology as in our full-time program and visiting students are integrated directly into our regular program throughout the year. We are open 365 days a year so students can continue their training anytime. Come for a week, come for two, or even come for an entire summer. Boarding and non-boarding options available. We have summer camps, holiday camps, pre-competition camps, and weekly intensive camps for those that need a push to get to the next level. Just decide what option is best and we will schedule it.

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**Monday-Friday**
GROUP A (Beginners – Younger – Intermediate)
8:00 AM TO 10:00 AM SOCCER
10:00 AM TO 11:00 AM CONDITIONING
1:00 PM TO 3:00 PM SOCCER
3:00 PM TO 4:00 PM CONDITIONING
SPORTS ACTIVITY (3:30 TO 4:00)

**Tuesday 4:00 PM Mental Session**
GROUP B (Advance Players)
9:00 AM TO 10:00 AM CONDITIONING
10:00 AM TO 12:00 PM SOCCER
2:00 PM TO 3:00 PM CONDITIONING
(2:00 TO 2:30) (TU Mental Session)
3:00 PM TO 5:00 PM SOCCER

**SATURDAY**
GROUP A
8:00 AM TO 10:00 AM SOCCER
10:00 AM TO 11:00 AM CONDITIONING
GROUP B
9:00 AM TO 10:00 AM CONDITIONING
10:00 AM TO 12:00 PM SOCCER

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"You've never had so much fun working so hard!"

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**Learn a Language at Camp**
The CMA Language Program is designed to develop listening, reading, speaking and writing skills in short periods of time. Because of our unique training environment and individualized assessment method we are able to relate language acquisition to real life by immersing the students into their activities throughout the campus. They get to practice their English during sport, at the restaurant, while sailing or paddle boarding at the beach, or even during the nightly performances in the main theater. More practice, more people, more learning, more fun.
ASSESSMENT METHOD

Players receive periodic evaluations in the areas of skill acquisition, tactical acumen, physical qualities, and mental skills - within the parameters of age group competences.

PHYSICAL TESTING - A battery of tests delivered four times each year to measure the players progress and development in the areas of speed, agility, balance, strength and endurance.

VIDEO ANALYSIS - Use of video analysis and match review each Monday.

MATCH PLAY - We seek the highest levels of competition to test the players on a weekly basis. Practices are the lessons and the games are the tests.

TACTICAL ACUMEN - Each player is given designated tasks that relate to their position. We use guided discovery to enhance positional play and players are required to maintain a book of experience to assess their own performance in each match.

www.clubmedacademies.com

INTEGRITY | COURAGE | DISCIPLINE
PERIODIZATION

We train our students using a specialized and proven Developmental Curriculum and Periodization Plan designed by internationally renowned soccer coach Thomas Durkin. The Periodization Training Method divides the overall program into specific and distinct periods, so improvements are made step by step, month to month, and year to year. We plan the student's Periodization program beginning with their goals for the distant future and working backwards to the present. Using this Method our students make the greatest improvements in the shortest amount of time (developmental efficiency), while also having fun, preventing injuries, and staying mentally and physically fresh.

**Soccer Specific Training**

*CMA Soccer - Yearly Plan*

Includes soccer testing, competition planning/scheduling, training phase, technical development, strategic/tactical training, and training on multiple surfaces - hard courts and clay court.

**Physical & Mental Conditioning / Nutrition**

*Patterns of Volume and Intensity*

Focuses on nutrition, physical and mental conditioning, endurance, strength, motor skills, training load, speed, agility, balance, flexibility, running mechanics, aerobic power, anaerobic power, anaerobic capacity and more.

CMA Soccer uses a periodized approach to help athletes deal with rigors of training on a daily basis and in the heat and humidity of Florida. It is also used to optimize performance on match days and at tournaments or showcases. Working through the fixtures we carefully select and program the content, volume, and intensity of training.

*We’re proud to say that all of our high-performance coaches are certified with our expert-backed system and methodology.*
At Club Med Academies, you will get fit! Our performance coaches are dedicated to help prepare your body, physically, mentally, and nutritionally to perform at the highest level during sport competition. Our training process is a comprehensive approach, which includes methods that align with proven scientific principles, promotes long term athletic development, and provides an objective based plan that ensures continuous individual growth and success.
At CMA we believe that competition is the foundation of high-performance development. That is why we compete every day. The more you compete, the more you learn, the more you learn the better you perform. It is that simple.

**We compete using a combination of competitive platforms to maximize your ultimate results:**

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<tr>
<th>Associations</th>
<th>Colleges/Universities</th>
<th>Clubs</th>
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<td>• USA Soccer</td>
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ACADEMICS

CMA is different than most schools. Because of its custom individualized approach, CMA is committed to understanding the goals of the family, as well as the student, throughout the admissions process. Due to our blended approach, CMA is able to offer many options in the various areas of specialty. Which means that the student has flexibility in determining and adjusting their learning journey while enrolled in the Academy. CMA’s calendar is from August to the end of May. However, CMA offers rolling admissions, allowing a student to join the academy in the fall, spring, or summer semesters.

Admissions Process – Path to Graduation

Step 1 - Schedule Meeting with Admissions Specialists
Step 2 - Submit Enrollment Application
Step 3 - Application Review & Approval Process
Step 4 - Transcript Review
Step 5 - Request for More Information (if necessary)
Step 6 - Acceptance
Step 7 - Academic Plan Created (Schedule of Course to Graduation)
Step 8 - Academic Plan Validated
Step 9 - Classes Begin
Step 10 - Graduation

What’s Next?

At its foundation, CMA is a College Preparatory program and pathway to Higher Education. Our track record for preparing student athletes for post high school studies and competition is extensive. Having been in the College Placement arena for over 40 years we have been fortunate to place thousands of students into top schools around the country. From all three NCAA Divisions (I, II, and III) and from Stanford to the Ivy League, our student’s athletes have gone on to become some of the best professionals in sport, business and life.
With the mission of building not only sports stars but, quality individuals, our Academy Life team is dedicated to working above and beyond the call of duty to make sure that the students in their care are well taken care of every single day. From early morning wake-up calls, to evening head-counts and lights out, there is never a dull moment here at the academy. The academy and its students are always on the move, and our team is right there with them every step of the way.

The Academy Life team believes in influencing the growth and development of each student and athlete through a holistic approach. They work closely with faculty, coaches, staff, and the community to build a stimulating, inclusive educational and training environment. They believe in setting an example in integrity, courage, discipline.

The Academy Life Program & Curriculum is specifically designed to complement the other academic and sport training programs, focusing on additional personal development characteristics such as communication skills, punctuality, time management, personal hygiene and creativity to name a few.
FACILITIES

PRIMARY SPORTS TRAINING FACILITIES
20 Tennis Courts (12 hard courts, 6 clay courts)
1 18 Hole Golf Course (Par 70)
8 International Regulation Beach Volleyball
Courts
2 Indoor Volleyball Courts (off-site access)
2 Full-Size Grass Soccer Fields (International
Regulation)
SECONDARY SUPPORT FACILITIES
1 Artificial Training Turf Soccer Pitch
(Conditioning Field)
3 Swimming Pool (1 Five Lane Lap Pool for
Training & Regeneration)
1 Fully Equipped Weight Room (Full Range of Life
Fitness Machines / Free Weights)
1 Fitness Center (Aerobic/Cardio Studio)
1 Wellness Center (Spa & Massage Therapy)
EXTRA SPORTS FACILITIES
1 Full Length Basketball Court
(Glass Backboards)
1 Sailing & Paddleboard Venue
(Onsite Bay/River Beachfront)

DINING
3 Restaurants (Buffet & A La Cart)
RETAIL
1 Golf Pro Shop
1 Tennis Pro Shop
FAMILY SUPPORT FACILITIES
1 Youth Center for Children – Ages: Infant
through Teenager (Daily Scheduled/Supervised
Activities)
1 Excursions Center (Book Off-site Trips to
Disney, Miami, & More)
BUSINESS SUPPORT FACILITIES
1 Conference Center (Multiple Small & Large
Room Spaces with AV Equipment)
ENTERTAINMENT
1 Large Theater for Musical Shows &
Entertainment Activities
THINGS TO KNOW

Where will the Athlete(s) eat?:

Boarding students have the opportunity to refuel 6 times a day at any of our 4-star dining restaurants.

For non-resident/ non boarding students, meals may be purchased at the Reception.

Wireless Internet:
All accommodations at the Academy are equipped with Access Points for wireless internet.

Dining:
A tasty and creative 4 star cuisine. We have 3 restaurants: Marketplace, Soleil, Riverside Grill & BBQ for non-residents/non boarding athletes, meal passes are available for purchase at the reception.

When Should the Athletes Arrive:
Recommended arrival and check in is Sunday and check out is on Saturday at 1pm. The tennis programs start at 8.00am on Monday.

Boarding Facilities:
The boarding facilities are located next to the tennis courts.

Laundry Service Available:
Laundry service is provided at an additional cost. A pick up schedule will be posted and available at check-in. The laundry is picked up, washed, dried, folded and returned 24 hours later. There are also washers and dryers available in the boarding building.

Tournaments:
Contact us to learn more about our competitive platform and schedule of competitive events.

What are the Closest Airports?
- West Palm Beach 45 minutes by car
- Miami 2 hours by car
- Orlando 2 hours by car
- Fort Lauderdale 1 hour and 45 minutes by car

What Should I Bring?
- Appropriate Sports Shoes (2)
- Socks (10 pairs)
- T-shirts (12)
- Shorts (10)
- Jump Rope
- Resistance band
- Water bottle
- Sunscreen
- Sunglasses
- Swimsuit
- Towel
- Visor/hat
The academy is located on the East coast of Florida, in the city of Port St. Lucie. Port St. Lucie is located conveniently between Miami and Orlando and is only a 45 minute drive from the West Palm Beach airport.

**CLUB MED ACADEMIES**  
4500 SE Pine Valley ST  
Port Saint Lucie, Florida 34952  
USA

**AIRPORTS**  
West Palm Beach: 45 minutes by car  
Fort Lauderdale: 1.5 hours by car  
Miami: 2 hours by car  
Orlando: 2 hours by car

**FOR MORE INFORMATION**  
info@clubmedacademies.com  
+1-772-323-0625