



## Daily Schedule Friday - Sunday

### **Friday**

11:30-12:45pm	Check-in at Dorms (Buttefield Dorms, 25 Lawn Ave.)
1:00pm	Meeting – Introductions, schedule and camp rules (outside dorms) Dressed in soccer gear ready to go to field for session Functional
1:30-3:30pm	Training/Game preparation training
4:15pm	Dinner (in courtyard outside dorms)
5:30pm	Meet outside dorm to walk to fields
6-8:00pm	Team selection games 11v11
9:00pm	Pizza social
11:00pm	Lights out

### **Saturday**

8:00am	Breakfast (at dorms)
9:00am	Meet outside dorm to walk to fields
9:15-11:15am	Technical training stations
11:45am	Brunch (at USDAN dining hall)/Rest/Campus tour 12:30
1:45pm	Meet outside dorm to walk to ESC 058
2-3:00pm	College Talk – Exley Science Center 058
3:15-4:45pm	Recovery session – How to recover after a game
5:00pm	Dinner (at USDAN dining hall)
6:00pm	Leave from dining hall to field
6:15-8:15pm	11v11 tournament
9:00pm	Ice-cream social
11:00pm	Lights out

### **Sunday**

8:00am	Breakfast (at dorms)
9:00am	Meet outside dorm to walk to fields
9:15-11:15am	11v11 tournament cont.
12:00pm	Check-out at dorms

*Always listen for announcement of any schedule changes during end of field sessions gatherings.*