



## Residential Camp Schedule

### 1<sup>st</sup> DAY

12:00pm - 2:00pm	Check-in / Move-In
2:30pm	Meet and Walk to Soccer Stadium <b>(All Campers Bring a Ball)</b>
3:15pm-4:35pm	<u><b>Opening Camp Session - Dealing with the Ball</b></u> ID Camp Young Elite <u><b>Goalkeeper Technical Session</b></u>
5:15pm	Dinner
6:30pm	<u>Small Sided Games</u>  <b>Goalkeeper Session (Young Elite)</b>
8:30pm	Cool Down and Stretch
8:45pm	<u><b>Camp Meeting</b></u> Introductions Review Daily Schedule Rules and Responsibilities Announce Training & Games Groups on Friday Morning
9:30pm	CAMP STORE OPEN/PIZZA DELIVERY
<b>10:30pm</b>	<b>IN ROOMS &amp; LIGHTS OUT</b>

### 2<sup>nd</sup> DAY

7:45am	Wake-Up
8:30am	Mandatory Breakfast
9:30am	Camp Photos
9:45am	<u><b>TRAINING SESSION #1</b></u>  <b>Goalkeeper Session</b>
11:20am	Cool Down and Stretch
12:15pm	Lunch

2:45pm-3:15pm **SAQ Warm-up w/Woody-YE Campers Only**  
3:00pm-4:00pm **TRAINING SESSION #2**

**Goalkeeper Session**

4:00pm-4:30pm Crossing and Finishing **w/ GKs**

4:35pm Cool Down and Stretch

5:00-5:45pm Dinner

7:00pm **Team Matches & GK Wars (Young Elite)**

8:30pm Cool Down and Stretch

8:45pm **Camp Meeting**

9:30pm Camp Store Open + Pizza Delivery -

**10:30pm IN ROOMS & LIGHTS OUT**

**3<sup>rd</sup> DAY**

7:45am Wake-Up

8:30am Mandatory Breakfast

9:30am **TRAINING SESSION #3**

**Goalkeeper Session**

11:20am Cool Down and Stretch

12:15pm Lunch \*Take pizza orders

1:45pm Meet with team and walk to Auditoriums  
(No Soccer Gear Needed)

2:00pm **(Older) College Recruiting Seminar/Highlight DVD**  
**(Younger) Be Your Best Presentation**

3:30pm **\*\*\*START CLEANING ROOMS\*\*\***

5:00-5:45pm Dinner

6:15pm **Team Matches & GK Wars (Young Elite)**

8:15pm **Camp-Cool Down and Stretch**

9:30pm Camp Store Open + Pizza Delivery

**\*\*\*FINISH PACKING & CLEANING ROOMS\*\*\***

**10:30pm IN ROOMS & LIGHTS OUT**

**Last Day**

<b>7:30am</b>	<b>Wake-Up (ROOM INSPECTION) \</b>
8:30am	Mandatory Breakfast
9:30am	Warm up
9:45am	<b><u>Final Team Matches &amp; GK Wars (Young Elite)</u></b>
11:15 am	Matches END
11:30am	<b>CLOSING CEREMONY</b>
	<b>****COACHES HAND OUT PLAYER EVALUATIONS****</b>
12:00pm-2:00pm	Check-out