

Middle school girls Ultimate soccer camp daily schedule

Camp dates July 25- July 28

Sunday

- **1:00, 1:15, 1:30** CoVid testing Hilltop (see attached document)
- **1:30-2:15 p.m.** | registration: Residence hall lobby
- **2:30 p.m.** | all camp meeting Residence hall lobby, divide into training groups
- **3:15 p.m.** | walk to the fields. **3:30** all camp warm up
- **3:45-5:00 p.m.** | first training session
- **5:15-6:00 p.m.** | dinner
- **6:15 p.m.** | meet in Residence hall lobby walk to fields; **attendance taken.**
- **6:30-8 p.m.** | large field games - 11v11 or 8v8.
- **8 p.m.** | commuters get picked up outside Residence hall
- **9:30 p.m.** | all overnight campers in the residence hall
- **10:00 p.m.** | all overnight campers in their room; **attendance taken**

Monday & Tuesday

- **6:45 a.m.** | optional cardio conditioning session; meet counselors outside Residence hall
- **7:30 a.m.** | wake up
- **7:45-8:15 a.m.** | breakfast (overnight campers only)
- **8:30 a.m.** | **commuters dropped off at the Suites Lobby**
- **8:30-8:45 a.m.** | all camp meeting Residence hall lobby; **attendance taken**
- **8:45 a.m.** | walk to the fields. (Monday camp photo wear your T-shirt)
- **9-11:15 a.m.** | technical session; specialized GK training (9-10:15 a.m.)
- **11:30 a.m. - 1 p.m.** | lunch (all campers)
- **1-1:15 p.m.** | rest; commuters can hang out in the lobby
- **1:15 p.m.** | meet in Residence hall lobby; **counselors take attendance** and walk to McPhee/Olson classroom 162; enter the doors by the indoor track
- **1:30-2:15 p.m.** | Topic of the Day: classroom session; **attendance taken**
- **2:15 p.m.** | walk to the fields, (exception Tuesday Futsal tournament)

- **2:30-3:45 p.m.** | tactical field training-by-training groups & specialized GK training
- **3:45-4:30 p.m.** | small-sided tournament games
- **4:45-6 p.m.** | dinner (all campers)
- **6:15 p.m.** | meet in Residence hall lobby; **counselors take attendance**; walk to fields.
- **6:30-7 p.m.** | group warm-ups
- **7-8 p.m.** | large field games
- **8 p.m.** | **commuters picked-up outside Residence hall**
- **8-9:30 p.m.** | open swimming, McPhee Pool (**must be with a counselor**)
- **9:30 p.m.** | all overnight campers in the residence hall
- **10 p.m.** | all overnight campers in their room; attendance taken
- **10:30 p.m.** | lights out

Wednesday

- **6:45 a.m.** | optional cardio conditioning session; meet counselors outside Residence hall
- **7:30 a.m.** | wake up
- **7:45-8:15 a.m.** | breakfast (overnight campers only)
- **8:30 a.m.** | **commuters dropped-off at the Suites Lobby**
- **8:30-8:45 a.m.** | all camp meeting Residence hall lobby; **rooms must be inspected before you come down to the meeting; attendance taken**
- **8:45 a.m.** | walk to the fields
- **9-11 a.m.** | 1v1 competitions; long range shooting competition; 5v5; championship games
- **11 a.m.** | walk back to Residence hall, commuters pick up at Towers south
- **11:30 a.m.** | overnight camper picked-up outside Residence hall

Optional Cardio sessions: campers meet counselors outside Residence hall at 6:45AM

Tuesday afternoon 2:30-4:00 Futsal tournament Olson gym. Bring indoor shoes.

Wednesday morning: All Campers must have their room inspected before they come down to the morning meeting.

Pick up Wednesday Residence hall: 11:00 commuters/ 11:30 resident campers

