

TEAM CAMP

Sunday, July 23

12:15 p.m.	Registration/Check-In
1:15 p.m.	Camp Meeting in Lobby
1:45 p.m.	Team Training/Keeper Training
5:00 p.m.	Pre-Game Meal
6:30 p.m.	11 v 11 Matches (filmed for analysis)
9:00 p.m.	Leadership/Team Building
11 p.m.	Lights Out

Monday, July 24

7:30 a.m.	Breakfast
9 a.m.	Team Training/Keeper Training (based on evening matches)
12:30 p.m.	Lunch
2 p.m.	Speed/Agility Training/Technical Training
5:00 p.m.	Pre-Game Meal
6:00 p.m.	Functional Training
9:00 p.m.	Film Analysis Session
11 p.m.	Lights Out

Tuesday, July 25

7:30 a.m.	Breakfast
9 a.m.	Street Soccer Tournament
11:30 a.m.	Closing Ceremonies
12:00 p.m.	Team Checkout