

Thursday 6-13

2:00pm 3:30pm Camp Registration
4:30pm 5:00pm Camp Welcoming/ Opening Ceremony
5:00pm 6:00pm Dinner
6:30pm 8:00pm Small Sided Games 7v7

Friday 6-14

7:30am 8:30am Breakfast
9:00am 10:30pm Technical Training
10:30pm 12:00pm Team Building Activity
12:00pm 1:30pm Lunch
1:30pm 3:00pm Tactical Training
3:00pm 4:30pm Pool Recovery
4:30pm 5:30pm Dinner
6:00pm 6:15pm Team Warm up
6:15pm 6:55pm Large Games #1
7:00pm 7:40pm Large Game #2
7:40pm 8:00pm Cool Down/Recovery

Saturday 6-15

7:30am 8:30am Breakfast
9:00am 10:30am Technical Training
10:30am 12:00pm Team Building Activity
12:00pm 1:30pm Lunch
1:30pm 3:00pm Tactical Training
3:00pm 4:30pm Campus Tour - "Playing at the next level"
4:30pm 5:30pm Dinner
6:00pm 6:15pm Team Warm up
6:15pm 6:55pm Large Games #1
7:00pm 7:40pm Large Game #2
7:40pm 8:00pm Cool Down/Recovery

Sunday 6-16

8:00am 8:30am Breakfast
9:00am 10:30am Closing Games - All Star Game
10:30am 11:00am Closing Ceremony - Camp Awards
11:00am 11:45am Camp Check Out #1
12:00pm 2:30pm USWNT World Cup Watch Party
Half Time - College Recruiting Seminar
3:00pm 4:30pm Camp Check Out #2