

## 2022 RESIDENTIAL CAMPS SOCCER CAMP DAILY SCHEDULE

Saturday June 25<sup>th</sup> – Tuesday June 28<sup>th</sup>, 2022 @ UVA

Thursday July 21<sup>st</sup> – Saturday July 24<sup>th</sup>, 2022 @ EHS

*\*Tentative and Subject to Change\**

### DAY 1: (June 25<sup>th</sup> @ UVA & July 21<sup>st</sup> @ EHS)

2:00pm – 4:00pm	Player Check In -
4:45pm – 5:30pm	Dinner
6:30pm	Team Training Session /
8:45pm	Camp Meeting and Presentations
9:15pm	Pizza / Snack Options
10:00pm	In Dorms
10:30pm	Lights Out

### DAY 2 & 3: (June 26-27<sup>th</sup> @ UVA & July 22-23<sup>rd</sup> @ EHS)

7:00am – 7:45am	Breakfast
9:00am	Team Training Session
11:30am – 12:30pm	Lunch
12:30pm	Team Photographs/Campus Tours/Player Development Lectures
2:00pm	Individual Player Technical Trainings/Futsal/Pool Recovery
4:30pm - 5:30pm	Dinner
6:30pm	Team Matches
8:45pm	Camp Meeting, Presentations & Team Building Sessions
9:15pm	Pizza / Snack Options
10:00pm	In Dorms
10:30pm	Lights Out

### DAY 4: June 28<sup>th</sup> & July 24<sup>th</sup>)

7:00am – 7:45am	Breakfast
9:00am	Team Final Matches
11:00am-12:00pm	Player Check Out

### WHAT WE PROVIDE

	Virginia Soccer T-Shirts x 2
	Water & Gatorade Snacks
	Air-Conditioned Dorms & Supervision
	Access to Athletic Trainers
	Breakfast (Day 2, 3 & 4), Lunch (Day 2 & 3) & Dinner (Day 1, 2 & 3)

### WHAT YOU SHOULD BRING

	Bed Linens, Pillow & Blanket
	Towels
	Toiletries & Sun Screen (including hand soap for bathroom)
	Soccer T-shirts, Shorts and Socks (enough for 8 sessions)
	Swimming Gear for Pool Recovery sessions
	Soccer Cleats, Soccer Ball & Shin guards
	Flats or Sneakers for Futsal and wearing in downtimes
	Goalkeepers should bring gloves (long sleeves and pants if preferred)