

MIDDLE STATES SOCCER CAMP

DAILY SCHEDULE

7:30AM – 8:15AM Breakfast

MORNING PROGRAM

9:00AM – 9:15AM WARM UP / STRETCHING / INDIVIDUAL SKILLS

9:30AM – 11:15AM TECHNICAL TRAINING AND SKILL DEVELOPMENT

11:15AM – 11:45AM SMALL-SIDED TOURNAMENTS

11:45AM – 12:15PM Store Open

12:15PM – 1:00PM Lunch

AFTERNOON PROGRAM

1:45PM – 2:30PM TACTICAL TRAINING

2:45PM – 4:00PM COMPETITIVE PLAY

4:00PM – 5:00PM Store Open – Swim

5:00PM – 5:45PM Supper

EVENING PROGRAM

6:30PM – 8:30PM COMPETITIVE PLAY

8:30PM – 10:00PM Store Open

9:15PM Pizza/Sub Delivery

10:00PM Lights Out – Youth, Juniors

10:30PM Lights Out – Intermediates, Seniors

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SUNDAY/THURSDAY SCHEDULE

SUNDAY SCHEDULE

9:15AM	Coaches and Counselors Arrive/Training Directors Meeting
10:00AM	Entire Staff Meeting
10:30AM	Campus Set-Up
12:00Noon – 2:00PM	Registration
2:15PM	All Campers and Parents Assemble at Main Field – Daily Program, Rules and Procedures Outlined
2:45PM	Age Group Attendance Meetings Day and Extended Day Camper Parents Meet with Director
3:00PM – 4:30PM	Small-Sided Games
4:30PM – 5:00PM	Store Open
5:00PM – 5:45PM	Supper
6:30PM – 8:30PM	11/Side Scrimmages
8:30PM	Dormitory Group Meetings
9:15PM	Pizza/Sub Delivery
10:00PM	Lights Out – Youth, Juniors
10:30PM	Lights Out – Intermediates, Seniors

THURSDAY SCHEDULE

7:00AM – 7:45AM	Breakfast
8:00AM – 9:30AM	League Championships
9:30AM – 10:30AM	Packing, Clean-Up, Store Open (Closing of Accounts) Campers Check out of Rooms
10:30AM	Closing Ceremonies - <u>Campers are Expected to Attend</u> – Parents Invited
11:00AM	Departure