



RESIDENT CAMP 2024

BLUE is Boys
GOLD is Girls

Day 1

Players wear any soccer gear they'd like.

Check- In at Brickman Hall

12 PM - 2 PM Move in to room

2 PM - 2:30 PM Parent Greeting (optional for Parents)

Session 1- On stadium turf

2:30 PM Camp begins all players report to the turf for the start of camp

Players are placed on their teams for the week and meet their
Coach and Counselors

Session 2

3:15-4 PM Camp **Gold** Tour

3:15-4 PM **Blue** Brazilian Movement @ Fieldhouse

4-4:45 PM **Blue** Camp Tour

4-4:45 PM **Gold** Brazilian Movement @ Fieldhouse

Dinner - Dining Hall

4:45-5:30 PM **Gold** Dinner

5:30-6PM **Blue** Dinner

Session 3- Fields

5:30-6:30 PM **Gold** Training

6:30-7:30 PM **Blue** Training

7:45-9 PM Full Camp Street Soccer @ Stadium Field

8 - 10 PM Commuter Pick Up

*Schedule subject to change due to weather and/or Copa America
Finals! Watch the game!

LIGHTS OUT 10:30PM



Day 2

Players wear Red, White, and Blue.

Breakfast- Dining Hall

7-7:45AM **Gold** Breakfast

7:45-8:15AM **Blue** Breakfast

7-8:15AM Commuter Drop Off

Session 1- Fields/Field House

8:30-9:15 AM **Blue** Yoga

8-9:15 AM **Gold** Soccer Training

Session 2- Fields/Field House

9:45-10:30 AM **Gold** Yoga

9:30-10:45 AM **Blue** Soccer Training

Lunch- Dining Hall

11-11:45AM **Gold** Lunch

11:45-12:30PM **Blue** Lunch

Session 3- Fields

1:15-2:45 PM **Gold** Soccer Training

3-4:30PM **Blue** Soccer Training

Dinner- Dining Hall

4:30-5:15 PM **Gold** Dinner

5:15-6 PM **Blue** Dinner

Session 4- Fields

5:30-6:50 PM **Gold** Matches

6:55-8:15 PM **Blue** Matches

8:30-9:45 PM **Blue** Street Soccer/Crossbar Challenge

7:30-9:30 PM **Gold** Backyard Sports

8 -10 PM Commuter Pick Up

*Schedule is subject to change due to weather

Lights Out 10:30PM



Day 3

*Players wear their **club uniform!** If you don't have one, **any jersey or soccer gear is fine!***

Breakfast- Dining Hall

7-7:45 AM **Blue** Breakfast

7:45-8:15 AM **Gold** Breakfast

7-8:15AM Commuter Drop Off

Session 1- Fields/Field House

8:30-9:15 AM **Gold** Yoga

8-9:15 AM **Blue** Soccer Training

Session 2- Fields/Field House

9:45-10:30 AM **Blue** Yoga

9:30-10:45 AM **Gold** Soccer Training

Lunch- Dining Hall

11-11:45 AM **Blue** Lunch

11:45-12:30 PM **Gold** Lunch

Session 3- Fields

1:15-3 PM **Blue** Training

3-4:30 PM **Gold** Training

Dinner- Dining Hall

4:30-5:15 PM **Blue** Dinner

5:15-6 PM **Gold** Dinner

Session 4- Fields

5:30-6:50 PM **Blue** Matches

6:55-8:15 PM **Gold** Matches

8:30-10 PM **Blue** and **Gold** Street Soccer

6:50-10 PM Evening Activities

8 -10 PM Commuter Pick Up

*Schedule subject to change due to weather

Lights Out 10:30PM



Day 4

Players wear camp shirts!

Breakfast- Dining Hall

7-7:45 AM **Gold** Breakfast

7:45-8:15 AM **Blue** Breakfast

7-8:15 AM Commuter Drop Off

Session 1- Fields/Field House

8:30-9:15 AM **Blue** Yoga

8-9:15 AM **Gold** Soccer Training

Session 2- Fields/Field House

9:45-10:30 AM **Gold** Yoga

9:30-10:45 AM **Blue** Soccer Training

Lunch- Dining Hall

11-11:45 AM **Gold** Lunch

11:45-12:30 PM **Blue** Lunch

Session 3- Fields

1:15-2:45 PM **Gold** Training

3-4:30 PM **Blue** Training

Dinner- Dining Hall

4:30-5:15 PM **Gold** Dinner

5:15-6 PM **Blue** Dinner

Session 4- Fields

5:30-6:30 PM **Gold** Training

6:30-7:30 PM **Blue** Training

7:45-8:15 PM **Gold** Speed and Agility Challenge

8:15-9:15 PM **Blue** Speed and Agility Challenge

9-10 PM Commuter Pick Up

*Schedule subject to change due to weather

Lights Out 10:30PM



Day 5

Players wear any soccer gear they'd like.

Breakfast- Dining Hall

7-7:45 AM **Blue** Breakfast

7:45-8:15 AM **Gold** Breakfast

7-8:15 AM Commuter Drop Off

Session 1- Fields & Dorms

8:15-9:45 AM **Gold** Room Pack-Up

8:15-9:30 AM **Blue** Matches and Awards

Session 2- Fields & Dorms

9:45-11 AM **Blue** Room Pack Up

10-11:15 AM **Gold** Matches and Awards

Lunch- Dining Hall

11-11:30 AM **Blue** Lunch

11:30-12 PM **Gold** Lunch

Session 3- Fields

12:30-2 PM **Gold** and **Blue** Check-Out After Rooms Are Inspected

All parents must sign their child out at the tent in the middle of the Quad where the dorms are!

Have A Great Summer And Soccer Season!

See You Next Year...

***Schedule will and may change to benefit players!**

