

2018 Residential Team Summer Camp Itinerary

TENTATIVE

Arizona SC Residential Camp Friday July 13th - Monday July 16th

CHECK IN: JULY 13th - 10:30-11 AM

CHECK OUT - JULY 16th- 11 AM

DAY ONE - Friday (July 13, 2018)

7:00 am - 8:00 am	Check in at AZSC Office and Load Buses
8:00 am	Depart AZSC office - Bus
10:30 - 11:30 am	Room Check in at Embry Riddle (<i>all campers</i>)
11:45 am	Camp Orientation (all)
12:00 pm	Lunch
1:30 - 3:00 pm	11v11 Team Training / 7v7 Team training (9v9 meet with coaches)
3:00 - 4:30 pm	9v9 Team Training (11v11 / 7v7 meet with coaches)
5:00 pm	Dinner
6:00 pm - 7:30 pm	11v11 Team Scrimmages / 7v7 Team Scrimmages (9v9 Shooting drills)
7:30 - 8:45 pm	9v9 Team Scrimmages (11v11 / 9v9 Shooting drills)
9:00 pm	Pizza
10:00 pm	In Rooms
10:30 pm	Lights out

DAY TWO - Saturday (July 14, 2018)

7:00 am	Wake up
7:30 am	CAMP PHOTO (All players, Coaches & Chaperones)
8:00 am	Breakfast
9:00 - 10:30 am	11v11 / 7v7 Team Training (9v9 Hike or Team bonding, etc...)
10:30 - 12:00pm	9v9 Team Training (11v11 / 7v7 Hike or Team bonding, etc...)
12:00 pm	Lunch
1:00 pm - 2:15 pm	11v11 Classroom / 7v7 Speed & Agility / 9v9 Free Time w/ Chaperone
2:15 pm - 3:30 pm	7v7 Classroom / 9v9 Speed & Agility / 11v11 Free Time w/Chaperone
3:30 pm - 4:45 pm	9v9 Classroom / 11v11 Speed and Agility / 7v7 Free Time w/ Chaperone
5:00 pm	Dinner
6:00 pm - 7:30 pm	11v11 /7v7 Team Scrimmages (9v9 Crossing & finishing)
7:30 pm - 8:45 pm	9v9 Team Scrimmage (11v11 / 7v7 Crossing Finishing)
9:00 pm	Pizza
10:00 pm	In Rooms
10:30 pm	Lights out

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DAY THREE - Sunday (July 15, 2018)

7:00 am -	Wake up
7:15am - 7:45am	Breakfast
8:00 - 10:00 am	<i>World Cup Final Viewing (All Coaches, Players & Chaperones)</i>
10:30 - 11:45 pm	All Teams Circuit Technical Training
12:00 pm	Lunch
1:00 pm - 2:30 pm	11v11 / 7v7 team training (9v9 team bonding)
2:30 pm - 4:00pm	9v9 team training (11v11 / 7v7 team binding)
5:00 pm	Dinner
6:00 pm - 9:00pm	4v4 World Cup tournament (All)
9:00 pm	Pizza
10:00 pm	In Rooms
10:30 pm	Lights out

DAY FOUR - Monday (July 16, 2018)

7:30 am	Wake up
8 am	Breakfast
8:30- 10:30 am	Team trainings (All)
11:00 am	Check out with your age group