

**OAKLAND SOCCER CAMPS
SUMMER 2010
TEAM CAMP SCHEDULE**

July 23-25, 2010

*Check In Friday 4-5pm Oakland University Athletics Center Lobby
5:30pm HS Coaches Meeting (Dorms)

• **Friday July 23, 2010**

6pm Players meet in Dorm Lobby to go to fields
6:30-8:30pm Training Session #1
9pm Pizza and Soda in Dorms
11pm Lights Out

• **Saturday July 24, 2010**

7am Wake Up
7:30am Breakfast
9am Team Warm-Up
9:30am-11am Round Robin Games (Lower Soccer fields)
11:30am Lunch
Noon-1pm Open Swim-Athletics Center Pool
12:45pm Rest Period
2-4pm Technical/Tactical Training Session #2 (Lower Soccer fields)
4:45pm Dinner
6:30pm Team Warm-Up
7-8:30pm Round Robin Games (Lower Soccer fields)
9-10pm Movie and/or Swimming
11pm Lights Out

• **Sunday July 25, 2010**

7am Wake Up
7:30am Breakfast
9-11am Training Session #3 (Lower Soccer fields)
11:30am Lunch
Noon Open-Pack
1pm Team Warm-up
1:30-3pm Round Robin Games
3pm Check Out of Residence Hall

Resident Campers, please remember to bring:

- Linens, blankets and/or sleeping bag, pillow and towels
- Toiletries
- Sun Block
- Room Fan
- All other room items are optional
- Please limit spending money (pizza, juice/pop/Gatorade, misc.)

All Campers, please remember to bring for soccer:

***SOCCER BALLS/WATER PROVIDED FOR THE WEEK BY THE CAMP!**

- Soccer Cleats
- Sneakers/Gym Shoes
- Shin Guards
- Soccer Shirts and Shorts (Shirtless is not allowed)
- Soccer Socks
- Sweats
- Raingear
- Swim Suit