

UTAH STATE

S O C C E R

JULY 2024 – TEAM CAMP

JULY 18-20

CAMP HIGHLIGHTS

- 6 GAMES (40 MIN)
- 2 Technical/Functional Sessions
- All-Star Game
- Speed school
- Leadership & Character Workshop
- Mindset Workshop
- Talent show
- 6 Meals (Residential) 4 Meals (Commuters)
- Camp shirt

CAMP COSTS

- Residential \$350.00 (Overnight)
 - *Chaperons \$125.00 (Room & board)*
- Commuter \$250.00 (Day only)
- Meals \$75
 - 2 Breakfast | 1 Lunch | 2 Dinners

*See sample itinerary below.

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SOCCER JULY 2024 – TEAM CAMP

Sample Itinerary

DAY 1

- 11:00-11:45 AM: **Check-in**
- 11:45-12:00 PM: **Intro**
- 12:00-12:50 PM: **Session #1**
 - Speed School
- 1:00-1:55 PM: **Session #2**
 - Games:
- 2:00-3:00 PM: **Snack Break | Check-in to Dorms**
- 3:30-4:55 PM: **Session #3**
 - Technical function training
 - Games:
- 5:30 PM: **Dinner (Residential)**
- 6:30 PM: **Leadership & Character Workshop (Residential)**

DAY 2

- 8:00-8:30 AM: **Rise & Shine**
 - Yoga Session
- 8:45-9:45 AM: **Breakfast**
- 10:30-11:55 AM: **Session #4**
 - Technical Functional Training
 - Games:
- 12:00-12:55 PM: **Session #5**
 - Games:
- 1:00-2:30 PM: **Lunch | Mindset Workshop**
- 2:45-3:40 PM: **Session #6**
 - Games:
- 5:00 PM: **Dinner (Residential)**
- 6:30 PM: **Talent Show (Residential)**

DAY 3

- 8:00-9:00 AM: **Breakfast**
 - All-Star Selection Announcement
- 9:00-9:45 AM: **Check-out (Residential)**
- 10:30-11:25 AM: **Session #7**
 - Games:
- 11:30-12:10 PM: **Session #8**
 - All-Star Game:
- 12:30 PM **Closing**