ELITE ID & TEAM CAMP SCHEDULE

| Friday, July | ¹ 13 th | |
|--------------|--|---------------------------|
| 11:30am – 0 | CHECK-IN | |
| 12:00pm | Technical Warm-Up & Possession Exercises | Morey Field |
| 1:30pm | Small Sided Games | Morey Field |
| 2:30pm | Regeneration Session | Morey Field |
| 3:15pm | Campus Tour | |
| 4:30pm | Dinner (Campus Dining Hall) | Dining Commons |
| 5:15pm | Mental Toughness/Grit, Accountability and Caring! Your Leadership matters! by Lynn Kachmarik | Middleton Hall of Science |
| 6:30pm | 11v11 Matches | Morey Field |
| 9:00pm | Check-out or Overnight Orientation | |
| Saturday, J | uly 14 th | |
| 8:00am | Breakfast | Dining Commons |
| 8:30am | Check-in | |
| 9:00am | Technical Warm-Up & Possession Exercises | Morey Field |
| 10:15am | Small Sided Games | |
| 11:45am | Regeneration Session | |
| 12:30pm | Lunch | Dining Commons |
| 1:00pm | "A Leader that Creates a Championship Environment" | Middleton Hall of Science |
| 2:00pm | 11v11 Matches | Morey Field |
| 5:00pm | Closing Remarks & Check-Out | Morey Field |

www.bethelmenssoccercamps.com

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