

## Daily Schedule

### DAILY SCHEDULE

9:00am – 9:15am	Sign In
9:15am – 9:30am	Warm – Up <i>(15 min)</i>
9:30am – 10:15am	Field Activity 1 <i>(45 min)</i>
10:15am – 10:30am	Snack Time <i>(15 min)</i>
10:30am – 11:15am	Field Activity 2 <i>(45 min)</i>
11:15am – 11:45am	Lunch Time <i>(30 min)</i>
11:45am – 12:30pm	Field Activity 3 <i>(45 min)</i>
12:30pm – 12:45pm	Break / Rest Time <i>(15 min)</i>
12:45pm – 1:00pm	Scrimmage <i>(15 min)</i>
1:00pm	Dismissal

Schedule is subject to be modified to accommodate

### FIELD ACTIVITIES

All Activities will be soccer related. Our program is designed to teach players different soccer drills and exercises with a variety of drills and exercises that focus in the different aspects of the game for the more advanced player and the beginner player.

# Soccer Camp



SUMMER 2026

## Camp Information

### WHAT TO BRING

Players should bring shin guards, ball, PLENTY of water, snack & lunch. Remember to wear comfortable clothes. Sun Block Recommended.

### SIGN IN / SIGN OUT

All participants are required to be SIGNED IN at arrival and SIGNED OUT at departure of camp program on a daily basis. Sign In /Out Sheet will be available at informational table at the entrance of program site.

### CAMP DAYS & TIMES

Camp runs from Monday to Friday; from 9:00am to 1:00pm.

### LATE PICK UP

Parents are required to pick up participants at assigned ending time. Failure to do so may result in a \$10 Late Pick up Fee.

### CONTACT US

At any time during the program your child can be contacted via phone at 619.207.2946

## Special Events

### MOVIE FRIDAY

Participants enjoy a fun day at the movies. AMC Promenade 24 offers discounted movies during the summer for Summer Camp groups. \$15 required to participate. NO SOCCER ACTIVITIES.

