

2019 Michigan Soccer Residential Plus Camp Schedule

July 7, 2019	
Time	Event
1030am	Residential Camper Check In
	Residential Camper Move into Dorms after check in
	LUNCH ON YOUR OWN
1230pm	Commuter Campers Check In
100pm	CAMP MEETING (ALL CAMPERS)
145pm	ALL CAMPERS DEPART FOR TRAINING
230-415pm	TRAINING/Nutrition Lecture
430pm	All CAMPERS DEPART FOR DINNER
445pm-545pm	DINNER
600pm	ALL CAMPERS DEPART FOR TRAINING
630-815pm	TRAINING/Recovery
815pm	ALL COMMUTER CAMPERS PICKED UP
830pm	ALL RESIDENTIAL CAMPERS DEPART FOR DORMS
845pm	All Residential Campers In Dorms for the evening
July 8, 2019	
Time	Event
730am	BREAKFAST (residential campers only)
830am	ALL RESIDENTIAL CAMPERS DEPART FOR TRAINING
845am	ALL COMMUTER CAMPERS DROPPED OFF AT SOCCER STADIUM
900am	TRAINING
1100am	ALL CAMPERS DEPART FOR LUNCH
1130am	LUNCH
115pm	ALL CAMPERS DEPART FOR TRAINING
145-345pm	TRAINING - Positional
400pm	All CAMPERS DEPART FOR DINNER
430-530pm	DINNER
600pm	ALL CAMPERS DEPART FOR TRAINING
630-815pm	TRAINING/Lecture
815pm	ALL COMMUTER CAMPERS PICKED UP
830pm	ALL RESIDENTIAL CAMPERS DEPART FOR DORMS
845pm	All Residential Campers In Dorms for the evening
July 9, 2019	
Time	Event
730am	BREAKFAST (residential campers only)
830am	ALL RESIDENTIAL CAMPERS DEPART FOR TRAINING
845am	ALL COMMUTER CAMPERS DROPPED OFF AT SOCCER STADIUM
900am	TRAINING
	GAME 2
1115am	ALL CAMPERS DEPART FOR LUNCH
1130am	LUNCH

115pm	ALL CAMPERS DEPART
200-400pm	TRAINING/Video Analysis
415pm	All CAMPERS DEPART FOR DINNER
430-530pm	DINNER
600pm	ALL CAMPERS DEPART FOR TRAINING
630-815pm	TRAINING/Strength and Conditioning
815pm	ALL COMMUTER CAMPERS PICKED UP
830pm	ALL RESIDENTIAL CAMPERS DEPART FOR DORMS
845pm	All Residential Campers In Dorms for the evening
	July 10, 2019
Time	Event
730am	BREAKFAST (residential campers only)
830am	ALL RESIDENTIAL CAMPERS DEPART FOR TRAINING
845am	ALL COMMUTER CAMPERS DROPPED OFF AT SOCCER STADIUM
900am	TRAINING
1100am	LUNCH
115pm	TRAINING
300pm	CLOSING CEREMONIES
330pm	CAMP DISMISSAL (ALL CAMPERS PICKED UP)