

## **Ohio South & University of Dayton Residential Camp Daily Schedule**

### **Sunday June 20, 2010**

1:00 p.m. Registration Begins at Virginia Kettering Residents' Hall  
3:00 p.m. Registration Ends  
3:00 p.m. All Camp Meeting/Staff Introduction  
3:15 p.m. Depart for NCR Training Fields  
3:30-5:00 p.m. Technical Circuit for player evaluations  
5:30 p.m. Dinner  
7:00 p.m. Evening Small-Sided Games  
9:00 p.m. LECTURE: Coaches Panel (College Coaches, ODP Staff, College Players)  
11:00 p.m. LIGHTS OUT

### **Monday June 21, 2010**

7:30 a.m. Wake-Up  
8:00 a.m. Breakfast  
9:15 a.m. Depart for NCR Training Fields  
10:00- Noon. Training Session  
10:30-11 a.m. GK Training  
12:45 a.m. Lunch  
2:30 p.m. Depart for NCR Training Fields  
3:00-5:00 p.m. FLYER 4v4 Tournament / Positional Training  
5:30 p.m. Dinner  
7-8:45 p.m. Evening Games  
9:15 p.m. LECTURE: The Elite Athlete, Mark Thobe, UD Strength Coach  
11:00 p.m. LIGHTS OUT

### **Tuesday June 22, 2010**

7:30 a.m. Wake-Up  
8:00 a.m. Breakfast  
9:15 a.m. Depart for NCR Training Fields  
10:00-Noon. Training Session  
10:30-11 a.m. GK Training  
12:45 a.m. Lunch  
2:30 p.m. Depart for NCR Training Fields  
3:00- 5:00 p.m. FLYER 4v4 Tournament / Positional Training  
5:30 p.m. Dinner  
7-8:45 p.m. Evening Games  
9:15 p.m. Movie Night/Skit Night Practice  
11:00 p.m. LIGHTS OUT

### **Wednesday June 23, 2010**

7:30 a.m. Wake-Up  
8:00 a.m. Breakfast  
9:15 a.m. Depart for NCR Training Fields  
10:00-Noon Training Session  
10:30-11 a.m. GK Training  
12:45 a.m. Lunch  
2:30 p.m. Depart for NCR Training Fields  
3:00-5:00 p.m. FLYER 4v4 Tournament / Positional Training  
5:30 p.m. Dinner  
7-8:45 p.m. Evening Games  
9:30 p.m. SKIT NIGHT  
11:00 p.m. LIGHTS OUT

### **Thursday June 24, 2010**

7:15 a.m. Breakfast  
8:00 a.m. Depart for NCR Fields  
8:20 a.m. FLYER 4v4 FINALS at NCR Fields  
9:00 a.m. 11v11 FINAL GAMES at NCR Fields  
10:00 a.m. Closing Ceremonies  
10:30 a.m. Check Out