

# UCSD WOMEN'S SOCCER SUMMER ID CAMP 2019

## Tuesday JULY 9TH

3:00-4:00	CHECK-IN	
4:15	Team Assignment	Ventanas Steps
5:00	DINNER	Ventana
7:00-9:00	UCSD STAFF Night Session	RIMAC
11:00	LIGHTS OUT	

## Wednesday JULY 10TH

7:30	BREAKFAST	Ventanas
8:30-10:45	TRAINING- College Coaches	RIMAC
11:00	World Cup Semi Final Watch Party	
1:00-2:00	Recruiting Seminar	RIMAC
2:00-3:00	Strength and Conditioning	RIMAC
5:00	DINNER	Ventanas
7:00-9:00	NIGHT SESSION- 11v11 GAMES	RIMAC
11:00	LIGHTS OUT	

## Thursday JULY 11TH

7:30	BREAKFAST	Ventanas
9:00-11:15	TRAINING	RIMAC
11:30	Lunch	Ventanas
1:00-2:00	Nutrition, Sleep and Recovery Seminar	RIMAC
2:00-3:00pm	Campus Tour	
3:00-4:00	Goalkeeper Session	RIMAC
5:00	DINNER	Ventanas
7:00-8:30	NIGHT SESSION	RIMAC
8:30-9:30	All Star GAMES	RIMAC
11:00	LIGHTS OUT	

## Friday JULY 12TH

7:30	BREAKFAST	Ventanas
9:00-10:30	TRAINING/GAMES	RIMAC
11:00	CHECKOUT	ERC Conf Services