

# UCSD WOMEN'S SOCCER SUMMER ID CAMP 2020

## Tuesday JULY 7TH

3:00-4:00	CHECK-IN
5:00	DINNER
7:00-9:00	UCSD STAFF Night Session
11:00	LIGHTS OUT

## Wednesday JULY 8TH

7:30	BREAKFAST
9:00-11:00	TRAINING- College Coaches
11:30	Lunch
1:00-2:00	Sports Performance Seminar
2:00-3:00	Recruiting Seminar
3:00-4:00	Goalkeeper Session
5:00	DINNER
7:00-9:00	NIGHT SESSION- 11v11 GAMES
11:00	LIGHTS OUT

## Thursday JULY 9TH

7:30	BREAKFAST
9:00-11:15	TRAINING
11:30	Lunch
1:00-2:00	Nutrition, Sleep and Recovery Seminar
5:00	DINNER
7:00-8:30	NIGHT SESSION
8:30-9:30	All Star GAMES
11:00	LIGHTS OUT

## Friday JULY 10TH

7:30	BREAKFAST
9:00-10:30	TRAINING/GAMES
11:00	CHECKOUT

ERC Conference  
Ventana  
RIMAC

Ventanas  
RIMAC  
Ventanas  
RIMAC  
RIMAC  
RIMAC  
Ventanas  
RIMAC

Ventanas  
RIMAC  
Ventanas  
RIMAC

Ventanas  
RIMAC  
RIMAC

Ventanas  
RIMAC  
ERC Conf Services