



Welcome to the 2008  
PREMIER SOCCER ACADEMY for girls

at VIRGINIA TECH

## DAILY SCHEDULE

### DAY CAMP Schedule:

9:00-9:30	WARM UP
9:30-10:15	TECHNICAL TRAINING
10:15-11:00	STATIONS/SKILL WORK
11:00-11:30	CAMP GAMES
11:30-12:00	SCRIMMAGES
12:00	DEPART

### ADVANCED ACADEMY Schedule:

7:30	BREAKFAST
8:30-9:00	DEMO
9:00-11:00	TRAINING
11:30	LUNCH
1:30-3:30	TRAINING
4:30	DINNER
6:00-9:00	EVENING GAMES
10:30	LIGHTS OUT

**NOTE: Pool time will be incorporated into the schedule DAILY! Those times are determined as the camp dates get closer.**

### ELITE 125 ACADEMY Schedule:

7:30	BREAKFAST
8:30-11:00	DEMO/TRAINING
11:00-11:30	WEIGHT ROOM SEMINAR
11:30	LUNCH
1:00-1:30	SEMINAR
1:30-3:30	TRAINING
4:30	DINNER
6:00-9:00	EVENING GAMES
10:30	LIGHTS OUT

**NOTE: Pool time will be incorporated into the schedule DAILY! Those times are determined as the camp dates get closer.**