

## 2009 Summer Camp On-Site Itineraries

	Session 1 6/22/09	Soccer		Session 1 6/23/09	Soccer
	<b>Monday</b>	6:30-8:30		Extended Care	<b>Tuesday</b>
8:30		Campers Arrive & Camp Warm Up	8:30	Campers Arrive & Camp Warm Up	
9:00		Camp Meeting/Organization	9:00	Camp Meeting/Organization	
9:30		Stretch/ Warm-Up Game: All Run Soccer	9:30	Stretch/ Warm-Up Game: Give and Go	
10:00			10:00		
10:30		Snack	10:30	Snack	
11:00		Review Soccer Rules	11:00	Practice Game #2	
11:30		Drills: Dribble	11:30		
12:00		Lunch	12:00	Lunch	
12:30		Drills: Pass and Trap	12:30	Drills: Offensive and Defensive Playing	
1:00		Practice Game #1	1:00		
1:30			1:30	Kick for Distance	
2:00		Swimming/Free Choice	2:00	Swimming/Movie	
2:30			2:30		
3:00		3:00			
3:30	Camp Meeting	3:30	Camp Meeting		
4:00	Camp Ends	4:00	Camp Ends		
4:30-6:30	Extended Care	4:30-6:30	Extended Care		
<b>Wednesday</b>	Session 1 6/24/09	Soccer	<b>Thursday</b>	Session 1 6/25/09	Soccer
	6:30-8:30	Extended Care		6:30-8:30	Extended Care
	8:30	Campers Arrive & Camp Warm Up		8:30	Campers Arrive & Camp Warm Up
	9:00	Camp Meeting/Organization		9:00	Camp Meeting/Organization
	9:30	Activity: Make Team T-Shirts		9:30	Practice Soccer Game #4
	10:00	Stretch/ Warm-Up: Shadow Dribble		10:00	
	10:30	Snack		10:30	Snack
	11:00	Practice Game #3		11:00	Review Drills
	11:30			11:30	
	12:00	Lunch		12:00	Lunch
	12:30	Free Choice		12:30	
	1:00	Soccer Skill Game:		1:00	Parents v. Campers Game
	1:30			1:30	
	2:00	Swimming/Free Choice		2:00	Swimming/Movie
2:30		2:30			
3:00		3:00			
3:30	Camp Meeting	3:30	Camp Meeting		
4:00	Camp Ends	4:00	Camp Ends		
4:30-6:30	Extended Care	4:30-6:30	Extended Care		

Main Location: Big Field

\*All itineraries are subject to change without notice.