



**U.S. NATIONAL
TEAM**

KEY INFORMATION

BRING YOUR FAMILY

Families are encouraged to stay and watch throughout the camp, attend orientation, and view practices from the stands. Only athletes, coaches and USA Football staff members are allowed on the field and sidelines. Please note: USA Football will host the Regional Development Camp regardless of weather – cancelling only in the case of lightning or hazardous conditions.

U.S. NATIONAL TEAM SELECTION

Attending a Regional Development Camp is the first step toward trying out for the U.S. National Team. Based on an athlete's performance at the Regional Development Camps, they have the possibility of earning an invitation to the National Team Player Academy or National Team Player Development Games. If a player is invited to the next step, USA Football Staff will notify them.

U.S. NATIONAL TEAM PATHWAY

Regional Development Camps



Two-day training and competition camps

- Athletes in 6th-11th grade develop and compete for spots within the National Team program
- Features current NCAA coaches who provide premier training and recruiting exposure

National Development Games (contact or non-contact)



Athletes selected from Regional Development Camps compete in a contact or non-contact style of play.

Athletes train with current NCAA coaches and compete against top players from across the nation.

International Competitions



Athletes selected from National Development Games represent the U.S. and compete against other countries' national teams at the International Bowl.

World Championships



Men's and U-19 Teams

- U.S. competes for gold medals in eight-team tournaments hosted by countries around the world



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JOIN THE CONVERSATION AND SHARE YOUR EXPERIENCE

We want to see how your camp experience is going. Share your photos and videos with USA Football by following us.

 @USNFT

 @USNFT

 /USNationalFootballTeam

Get exclusive articles and headlines on the U.S. National Teams blog. For information on recruiting, strength and conditioning, nutrition and academic preparation, follow the U.S. National Teams blog for exclusive content and articles. [Check it out today.](#)

GET EXCLUSIVE U.S. NATIONAL TEAM GEAR

Don't forget to check out the [USA Football store.](#)



DID YOU KNOW? USA Football's U.S. National Team program is the only one in the nation that can feature current NCAA coaches its training camps and games.



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KEY LOCATIONS

CHECK IN

Date: April 29th

Time: 10:00a.m. – NOON

Address:

Homestead High School
Gymnasium
5000 W Mequon Rd.
Mequon, WI 53092

USA Football requests that athletes arrive at the registration location between 10:00AM and 11:30AM to ensure they are ready for orientation at noon.

Orientation will be held at the same location as check-in. We encourage both parents and athletes to attend the orientation.

FIELD LOCATION

Homestead High School
5000 W Mequon Rd.
Mequon, WI 53092

Primary field playing surface: Turf
Secondary field playing surface: Grass

We have multiple fields to ensure enough playing space for all athletes. Be prepared to play on turf and grass throughout the weekend.

HOTEL LOCATION

Courtyard Milwaukee Airport
4620 South 5th Street
Milwaukee, WI 53207

It is not required that athletes stay at the host hotel.

We offer discounted room rates at the host hotel for families traveling for the event.

Transportation from the host hotel to the practice field is NOT provided.



CLICK HERE TO RESERVE A ROOM AT OUR HOST HOTEL FOR A DISCOUNTED RATE
Please note that discounted room rates are available on a first come first serve basis.



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PACKING INFORMATION

WHAT TO BRING:

- 👉 This is a non-padded event.
- 👉 Athletes are required to bring shorts for both days.
- 👉 Athletes are required to bring their own mouth guards. **ATHLETES MUST WEAR MOUTH GUARDS FOR ALL ON-FIELD ACTIVITIES.**
- 👉 Athletes are required to bring cleats.
- 👉 Athletes should bring sneakers to change into.
- 👉 Athletes are required to supply their own lunch for both days.

Please Note: You do NOT need to bring any paperwork (receipt, waiver, proof of purchase). The waiver was completed when registering for the camp online and we have all athlete's information on file.



Lunch will not be provided and is the responsibility of each athlete and family. Each day, time will be allocated to allow athletes and families to break for lunch. USA Football will provide hydration stations for athletes throughout the event.

WHAT WE PROVIDE:

- ☑ One sleeveless performance t-shirt
- ☑ Four practice training sessions with current NCAA and top high school coaches
- ☑ On-field Heads-Up Football tackling instruction for athletes



SCHEDULE

U.S. NATIONAL TEAM

SATURDAY, DAY 1

- 10:00 a.m. – NOON Check In - Gymnasium
- NOON – 12:45 p.m. Orientation (parents welcome) - Gymnasium
- 1:00 p.m. – 3:30 p.m. Practice #1
- 3:30 p.m. – 4:45 p.m. Break for meal (athletes on their own)
- 4:45 p.m. – 7:15 p.m. Practice #2

SUNDAY, DAY 2

- 10:00 a.m. – 1:00 p.m. Practice #3
- 1:00 p.m. – 2:15 p.m. Break for meal (athletes on their own)
- 2:15 p.m. – 4:45 p.m. Practice #4
- 4:45 p.m. – 5:00 p.m. Conclusion of event

PARTNERS: USA Football thanks our partners for their continued support to help us create a better, safer game. To learn how our partners support USA Football, [click here](#).

