

NIKE SHOWCASE CAMP I - Premier League Schedule

Day 1: Saturday, June 16th, 2018

12:45 – 2:15pm	Check In	Sullivan
2:30 – 2:45pm	Opening Ceremonies	Bartley
3:00 – 3:45pm	What Parents Need to Know 101	Lecture
<u>EVERTON, TOTTENHAM, LEICESTER, NEWCASTLE</u>		
3:00 – 3:45pm	Nutrition	Mendel
4:15 – 5:15pm	Training Session – GK SESSION	West Campus
5:45 – 6:15pm	Dinner	Dougherty
7:30 – 8:30pm	Everton vs. Tottenham	West Game
	Leicester vs. Newcastle	West Practice
9:00 – 9:45pm	Be Here Now by Coach Carlin	Mendel
9:45pm	Special Food Order – ORDER BY 6:30 PM	Sullivan
10:45pm	Lights Out	
<u>CHELSEA, ARSENAL, MAN U, LIVERPOOL</u>		
3:15 – 4:15pm	Training Session - GK SESSION	West Campus
4:45 – 5:15pm	Dinner	Dougherty
5:30 – 6:00pm	Nutrition, Hydration, Recovery Presentation	Mendel
6:30 – 7:30pm	Man U.. vs. Liverpool	West Practice
	Chelsea vs. Arsenal	West Game
9:00 – 9:45pm	“Be Here Now” by Coach Carlin	Mendel
9:45pm	Special Food Order – ORDER BY 6:30 PM	Sullivan
10:45pm	Lights Out	Sullivan

Day 2: Sunday, June 17th, 2018

<u>CHELSEA, ARSENAL, MAN U, LIVERPOOL</u>		
7:00 – 7:30am	Breakfast	Dougherty
8:00 – 8:30am	Tactical Video Analysis	Mendel
9:00 – 10:00am	Training Session – GK SESSION	West Campus
11:00 – 11:30am	Lunch	Dougherty
1:00 – 2:00pm	Chelsea vs. Liverpool	West Game
	Man U vs. Arsenal	West Practice
2:15 – 3:00pm	NCAA Rules Talk	Mendel
3:15 – 4:00pm	POSITIONAL TRAINING	West Game
4:30 – 5:00pm	Dinner	Dougherty
6:30 – 7:30pm	Arsenal vs. Liverpool	West Game
	Chelsea vs. Man U	West Practice
9:00 – 9:45pm	College Coach Q & A	Mendel
9:45pm	Special Food Order – ORDER BY 6:30 PM	Sullivan
10:45pm	Lights Out	Sullivan
<u>EVERTON, TOTTENHAM, LEICESTER, NEWCASTLE</u>		
7:30 – 8:00am	Breakfast	Dougherty
9:00 – 9:30am	Tactical Video Analysis	Mendel
10:00 – 11:00am	Training Session – GK SESSION	West
11:30 – 12:00noon	Lunch	Dougherty
12:45 – 1:30pm	NCAA Rules Talk	Mendel
2:00 – 3:00pm	Everton vs. Newcastle	West Game
	Leicester vs. Tottenham	West Practice
3:15 – 4:00pm	POSITIONAL TRAINING	West Game
5:00 – 5:30pm	Dinner	Dougherty
7:30 – 8:30pm	Tottenham vs. Newcastle	West Game
	Everton vs. Leicester	West Practice
9:00 – 9:45pm	College Coach Q & A	Mendel
9:45pm	Special Food Order – ORDER BY 6:30 PM	Sullivan
10:45pm	Lights Out	Sullivan

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Day 3: Monday, June 18th, 2018

7:00 – 7:30am	Breakfast - Chelsea, Everton, Newcastle, Man U	Dougherty
7:30 – 8:00am	Breakfast - Tottenham, Leicester, Liverpool, Arsenal	Dougherty
8:00 – 8:30am	Life Skills & Academic Standard- Chelsea, Everton, Newcastle, Man U	Mendel
9:00 – 9:30am	Like Skills & Academic Standard- Tottenham, Leicester, Liverpool, Arsenal	Mendel
9:00 – 10:00am	Chelsea vs. Everton Man U. vs. Newcastle	West West
10:00 – 11:00am	Tottenham vs Liverpool Leicester vs. Arsenal	West West
11:00 – 11:30am	Lunch- Chelsea, Everton, Newcastle, Man U	Dougherty
11:30 – 12:00noon	Lunch- Tottenham, Leicester, Liverpool, Arsenal	Dougherty
12:45 – 1:30pm	Fitness Periodize Calendar Planning-Tottenham, Leicester, Liverpool, Arsenal	Mendel
1:00 – 2:00pm	Chelsea vs. Newcastle Man U vs. Everton	West Game West Practice
2:00 – 3:00pm	Tottenham vs. Arsenal Leicester vs. Liverpool	West West Game
2:15 – 3:00pm	Fitness Periodize Calendar Planning- Chelsea, Everton, Newcastle, Man U	Mendel
3:15 – 4:00pm	GK ONLY SESSION	West Game
4:30 – 5:00pm	Dinner- Chelsea, Tottenham, Leicester, Man U	Dougherty
5:00 – 5:30pm	Dinner-Liverpool, Arsenal, Everton, Newcastle	Dougherty
6:30 – 7:30pm	Man U. vs. Leicester Chelsea vs. Tottenham	West Game West Practice
7:30 – 8:30pm	Liverpool vs. Newcastle Everton vs. Arsenal	West Game West Practice
9:00 – 9:45pm	Student-Athlete Q & A	Mendel
9:45pm	Special Food Order – ORDER BY 6:30 PM	Sullivan
10:45pm	Lights Out	Sullivan

Day 4: Tuesday, June 19th, 2018

6:15-6:45am	POSITIONAL TRAINING-Liverpool, Everton, Newcastle, Arsenal	Austin
6:45-7:30am	POSITIONAL TRAINING- Chelsea, Tottenham, Leicester, Man U.	Austin
7:00 – 7:30am	Breakfast – Liverpool, Everton, Newcastle, Arsenal	Dougherty
7:30- 8:00am	Breakfast- Chelsea, Tottenham, Leicester, Man U.	Dougherty
8:15 – 9:15am	Liverpool vs. Everton Newcastle vs. Arsenal	West West
9:15 – 10:15am	Chelsea vs. Leicester Man U. vs. Tottenham	West West
10:45am	Check-Out & Closing Ceremonies	West