

NIKE SHOWCASE CAMP - 4 DAYS IN THE LIFE

Day 1: Saturday, June 16th, 2018

12:45 – 2:15pm	EXPRESS Check In	Sullivan
2:30 – 2:45pm	Opening Ceremonies	Bartley
3:00 – 3:45pm	What Parents Need to Know 101	Driscoll
3:15 – 4:15pm	Training Session	West Campus
4:45 – 5:15pm	Dinner	Dougherty
5:30 – 6:00pm	Nutrition, Hydration, Recovery Presentation	Mendel
6:30 – 7:30pm	Game: Chelsea vs. Arsenal	West Game
7:35pm	Recovery Drinks	West
7:45pm	Recovery Cold Tubs	West
9:00 – 9:45pm	“Be Here Now” by Coach Carlin	Mendel
9:45pm	Special Food Order – ORDER BY 6:30 PM	Sullivan
10:00am	Coach Carlin Wrap Up Meeting	Mendel
10:45pm	Lights Out	Sullivan

Day 2: Sunday, June 17th, 2018

7:00 – 7:30am	Breakfast	Dougherty
8:00 – 8:30am	Tactical Video Analysis	Mendel
9:00 – 10:00am	Training Session	West Campus
11:00 – 11:30am	Lunch	Dougherty
1:00 – 2:00pm	Game: Chelsea vs. Liverpool	West
2:15 – 3:00pm	NCAA Rules Talk	Mendel
3:00 – 4:00pm	POSITIONAL TRAINING	West Game
4:30 – 5:00pm	Dinner	Dougherty
6:30 – 7:30pm	Game: Chelsea vs. Man U	West Practice
7:35pm	Recovery Drinks	West
7:45pm	Recovery Cold Tubs	West
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

Day 3: Monday, June 18th, 2018

7:00 – 7:30am	Breakfast	Dougherty
8:00 – 8:30am	Life Skills & Academic Standard	Mendel
9:00 – 10:00am	Game: Chelsea vs. Everton	West
11:00 – 11:30am	Lunch	Dougherty
11:45 – 12:15pm	Recovery Session (Foam Roll, Band Stretch, Flexibility Exercises)	Howie Long
1:00 – 2:00pm	Game: Chelsea vs. Newcastle	West
2:15 – 3:00pm	Fitness Periodize Calendar Planning	Mendel
3:15 – 4:00pm	POSITIONAL TRAINING	West Game
4:30 – 5:00pm	Dinner	Dougherty
6:30 – 7:30pm	Game: Chelsea vs. Tottenham	West
7:35pm	Recovery Drinks	West
7:45pm	Recovery Cold Tubs	West
8:15 – 8:45pm	Video Analytics Session w/Coach Carlin	Mendel
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

6:45 – 7:15am	POSITIONAL TRAINING	West
7:30 – 8:00am	Breakfast	Dougherty
9:15 – 10:15am	Game: Chelsea vs. Leicester	West
10:45am	Check-Out & Closing Ceremonies	West