

VILLANOVA ID CAMP

JULY 23rd – 25th

JULY 23RD

1:00pm – 3:00pm	Check –In	Sullivan
3:15pm - 3:30pm	Opening Ceremonies	Bartley
3:30pm – 4:00pm	What Parents Need To Know 101	Mendel
4:15pm – 5:15pm	England & France Training	Higgins Practice
	Belgium & Croatia Training	Higgins Game
5:30pm – 6:00pm	Dinner	Dougherty
6:15pm - 7:00pm	Nutrition, Hydration, Recovery	Mendel
7:30pm – 8:30pm	England vs. France	Higgins Game
	Belgium vs. Croatia	Higgins Practice
9:00pm	Food Order Arrives	Sullivan
9:15pm	“Be Here Now” - Coach Carlin	Mendel

JULY 24th

7:00am – 7:30am	Breakfast	Dougherty
8:30am – 9:30 am	France & Belgium Training	Higgins Game
	England & Croatia Training	Higgins Practice
10:00 – 10:45 am	Being The Best YOU Can Be, Allison Venella	Mendel
11:00am – 11:45am	Lunch	
1:15pm – 2:00pm	Fitness Periodization Calendar Planning	Mendel
3:15pm – 4:15pm	France vs. Belgium	Higgins Practice
	England vs. Croatia	Higgins Game
4:30pm – 5:00pm	Dinner	Dougherty
6:15pm – 7:15pm	Belgium vs. England	Higgins Game
	France vs. Croatia	Higgins Practice
7:30pm - 8:30pm	POSITIONAL TRAINING	Higgins Game
9:00pm	Food Orders Arrive	Mendel
9:15pm - 10:00pm	Student-Athlete Q & A	Mendel

JULY 25th

7:00am – 7:30am	Breakfast	Dougherty
8:30am – 9:00am	POSITIONAL TRAINING	Higgins Complex
9:00am – 10:30am	Championship	Higgins Game
	3 rd Place Game	Higgins Practice
10:50am – 11:00am	Closing Ceremonies	Sullivan
11:00am – 11:30am	College Coach Q & A	Bartley