
Gulf Coast Soccer Academy Itinerary – Preseason ID Camp July 31st – August 2nd, 2015

Address to Campus:
10501 FGCU Blvd. South
Fort Myers, FL 33965

Friday, July 31st

Time	Event	Topic	Location
10:00 AM	Residential Check-in		Homewood Suites
10:30 AM	Commuter Check-in		OSC Complex 2 nd Floor
11:00 AM	Intro & Group Designations		FGCU Softball Stadium
11:30 AM	Group Warm-up		FGCU Soccer Complex
11:45 AM	Training Session	Combination Play	FGCU Soccer Complex
	Goalkeeper Session	Technical	FGCU Softball Complex
1:00 PM	Cool Down & Stretch		FGCU Soccer Complex
1:30 PM	Lunch		OSC Complex 2 nd Floor
2:30 PM	Classroom Session – NYC & HOU	College Process	OSC Complex 2 nd Floor
	Field Session – CHI & SEA		FGCU Soccer Complex
3:45 PM	Warm-up – NYC & HOU		FGCU Soccer Complex
	Cool Down – CHI & SEA		FGCU Soccer Complex
4:00 PM	Classroom Session – CHI & SEA	College Process	OSC Complex 2 nd Floor
4:30 PM	Dinner - CHI & SEA		OSC Complex 2 nd Floor
5:00 PM	Cool Down – NYC & HOU		FGCU Soccer Complex
5:30 PM	Dinner - NYC & HOU		OSC Complex 2 nd Floor
6:15 PM	Warm-up – CHI & SEA		FGCU Soccer Complex
6:30 PM	CHI vs. SEA	7 vs. 7	FGCU Soccer Complex
7:15 PM	Warm-up – NYC & HOU		FGCU Soccer Complex
7:30 PM	NYC vs. HOU	7 vs. 7	FGCU Soccer Complex
8:30 PM	Commuter Pick-up		FGCU Soccer Complex
9:30 PM	Pizza Delivery		Homewood Suites
11:00 PM	Lights Out		Homewood Suites

Saturday, August 1st

Time	Event	Topic	Location
7:00 AM	Breakfast (Residential)		Homewood Suites
8:15 AM	Depart Hotel for Field (Residential)		Homewood Suites
9:00 AM	Commuter Check-in		FGCU Soccer Complex
9:15 AM	Cipriani Warm-up		FGCU Soccer Complex
9:45 AM	Training Circuit		FGCU Soccer Complex
11:45 AM	Cool Down & Stretch		FGCU Soccer Complex

12:30 PM	Lunch		OSC Complex 2 nd Floor
2:00 PM	Yoga – NYC & CHI		Softball Batting Cages
	Speed Fundamentals – SEA & HOU		FGCU Soccer Complex
3:00 PM	Speed Fundamentals – NYC & CHI		FGCU Soccer Complex
	Yoga – SEA & HOU		Softball Batting Cages
4:30 PM	Dinner – NYC & CHI		OSC Complex 2 nd Floor
5:00 PM	Dinner – SEA & HOU		OSC Complex 2 nd Floor
6:15 PM	Warm-up – NYC & CHI		FGCU Soccer Complex
6:30 PM	NYC vs. CHI	9 vs. 9	FGCU Soccer Complex
7:15 PM	Warm-up – SEA & HOU		FGCU Soccer Complex
7:30 PM	SEA vs. HOU	9 vs. 9	FGCU Soccer Complex
8:30 PM	Commuter Pickup		FGCU Soccer Complex
9:30 PM	Pizza Delivery		Homewood Suites
11:00 PM	Lights Out		Homewood Suites

Sunday, August 2nd

Time	Event	Topic	Location
7:00 AM	Breakfast (Residential)		Homewood Suites
8:15 AM	Depart Hotel for Field (Residential)		Homewood Suites
9:00 AM	Warm-up – NYC & SEA		FGCU Soccer Complex
9:30 AM	NYC vs. SEA	11 vs. 11	FGCU Soccer Complex
10:15 AM	Warm-up – CHI vs. HOU		FGCU Soccer Complex
10:30 AM	CHI vs. HOU	11 vs. 11	FGCU Soccer Complex
11:45 AM	Closing Ceremonies		FGCU Soccer Complex