



Arlington Soccer Residential Camp

July 23rd – July 27th 2023

Sunday, July 23

2:00 – 3:30 pm	Registration and Check- In (Earliest check in 2pm)
4:00 pm	Camper Orientation/Tour (Parents Welcome to stay)
5:00 – 6:00 pm	Dinner
6:05 pm	Meet coaches outside dormitory
6:15 – 8:15 pm	Training session (grass fields)
8:30 pm	Free Time
10:00 pm	Room Check/Lights Out!

Monday, July 24

7:45 – 8:30 am	Breakfast
8:50 am	Meet Coaches outside dormitory
9:00 – 11:00 am	Morning Training Session (turf)
12:00 – 1:00 pm	Lunch
1:00 – 4:30 pm	Indoor Field House - Swimming (3:30-4:30), Soccer Tennis, Futsal
5:00 – 6:00 pm	Dinner
6:05 pm	Meet coaches outside dining hall
6:15 – 8:15 pm	Training session (grass fields)
8:30 pm	Free Time
10:00 pm	Room Check/Lights Out!



Tuesday, July 25

7:45 – 8:30 am	Breakfast
8:50 am	Meet Coaches outside dormitory
9:00 – 11:00 am	Morning Training Session (turf stadium field)
12:00 – 1:00 pm	Lunch
1:00 – 4:00 pm	3v3, U12 & older optional training
3:30 - 4:30 pm	Swimming
5:00 – 6:00 pm	Dinner
6:05 pm	Meet coaches outside dining hall
6:15 – 7:30 pm	Training session (grass fields)
8:00 - 9:30 pm	Movie Night
10:00 pm	Lights Out!

Wednesday, July 26

7:45 – 8:30 am	Breakfast
8:50 am	Meet Coaches outside dormitory
9:00 – 11:00 am	Morning Training Session (turf stadium field)
12:00 – 1:00 pm	Lunch
1:00 – 4:00 pm	Soccer Tennis, U12 & older optional training
3:30 - 4:30 pm	Swimming
5:00 – 6:00 pm	Dinner
6:05 pm	Meet coaches outside dining hall
6:15 – 8:00 pm	Training Session (grass fields)
8:30 pm	Talent Show
10:00 pm	Lights Out!

Thursday, July 27

7:30 – 8:15 am	Breakfast
8:30 – 10:00 am	Stadium/Grass Field matches
10:45 am	Check out