

EXACT Soccer 1-Day ID Camp Itinerary

Note: This is a guideline. Final camp timing is shared in your camp dashboard.

| Times | Activity | Important Notes |
|--|---|---|
| Camp Start <i>(View Camp Timeslot)</i> | Player Check-In | <ul style="list-style-type: none"> • View your Camp Dashboard for exact times • Players meet with assigned Mentor College Coach |
| AM – 3 Hours | Rotating Multi-College Field Sessions | <ul style="list-style-type: none"> • College coaches put players through college-style training sessions • Players rotate through four sessions, working with each coach at camp • GKs train individually for first half of sessions, integrate with field players for second half • <i>Parents welcome to observe all sessions</i> |
| AM – 30 Mins | Parent Meeting: Guiding Your Player's Development | <ul style="list-style-type: none"> • <i>Optional session for parents with EXACT Camp Director</i> |
| PM – 1 Hour | Player Lunch w/ College Coaches & Mental Training Activity | <ul style="list-style-type: none"> • Lunch + Mental Training workshop • Players bring their own lunch |
| PM – 1 Hour | College Recruiting Panel | <ul style="list-style-type: none"> • College recruiting process is outlined in detail • Session includes an open Q&A session with the panel of college coaches • Session open for players and parents (<i>Parents encouraged to attend</i>) |
| PM – 2.5 Hours | Game Play & 1-on-1 Meetings | <ul style="list-style-type: none"> • Players grouped into teams for mini-tournament • Coaches on field and observing and evaluating • Players meet with a college coach for a 1-on-1 evaluation meeting • <i>Parents welcome to observe all gameplay</i> |
| Camp End <i>(See Camp Timeslot)</i> | Closing Ceremony | <ul style="list-style-type: none"> • Final message and camp photos |