



**EXACT**  
SPORTS

**JOIN THE  
#GOMENTAL  
MOVEMENT!**

### EXACT Soccer 1-Day ID Camp Itinerary

Times	Activity	Important Notes
7:45am – 8:30am	Player Check-In	<ul style="list-style-type: none"> <li>• <b>Check-In opens at 7:45 AM</b></li> <li>• Players meet with assigned Mentor College Coach</li> </ul>
9am – 12:15pm	Rotating Multi-College Field Sessions	<ul style="list-style-type: none"> <li>• College coaches put players through college-style training sessions</li> <li>• Players rotate through four sessions, working with each coach at camp</li> <li>• GKs train individually for first half of sessions, integrate with field players for second half</li> <li>• <i>Parents welcome to observe all sessions</i></li> </ul>
9am – 9:30am	Parent Meeting: Guiding Your Player's Development	<ul style="list-style-type: none"> <li>• <i>Optional session for parents with EXACT Camp Director</i></li> </ul>
12:30pm – 1pm	Player Lunch w/ College Coaches	<ul style="list-style-type: none"> <li>• Players &amp; college coaches eat together in small groups</li> <li>• Players bring their own lunch</li> </ul>
1pm – 1:50pm	College Recruiting Panel	<ul style="list-style-type: none"> <li>• College recruiting process is outlined in detail</li> <li>• Session includes an open Q&amp;A session with the panel of college coaches</li> <li>• Session open for players and parents (<i>Parents encouraged to attend</i>)</li> </ul>
2pm – 4:30pm	Game Play & 1-on-1 Meetings	<ul style="list-style-type: none"> <li>• Players grouped into teams for mini-tournament</li> <li>• Coaches on field and observing and evaluating</li> <li>• Players meet with a college coach for a 1-on-1 evaluation meeting</li> <li>• <i>Parents welcome to observe all gameplay</i></li> </ul>
4:30pm – 4:40pm	Closing Ceremony	<ul style="list-style-type: none"> <li>• <b>Camp ends at 4:40pm</b></li> </ul>