



**JOIN THE
#GOMENTAL
MOVEMENT!**

Academic 50 ID Camp Itinerary

Time	Activity	Notes
Day One, 12pm	Paperless Check-In	EXACT gets players immediately interacting with college coaches. No long lines here!
Day One, 1pm	Opening Ceremony	Players set their personal development goal.
Day One, 2pm	Workshop: How to Succeed as a Parent-Coach	For the parents, an intro to camp, plus expert guidance from EXACT's research & training team.
Day One, 2-5pm	Rotational College Training	Players will rotate through clinics such as "College Speed of Play" and "Dynamic Collegiate Defense" while meeting the coaches in small group sessions.
	"Beast Mode" Mentality	Players will uncover their inner resilience and grit toward goal & task completion.
Day One, 5pm	Spotlight Players Game	College coach instructors nominate campers to participate in an evening spotlight game.
Day One concludes at 5pm with spotlight players having the option to compete in the day-end game (or observe until 6pm)		
Day Two, 8-9am	Stretch and warm-up {Optional}	Optional -- arrive by 9am for the morning games!
Day Two, 9-1pm	Morning Games	Randomized team assignments to allow for observation by coaches.
	Mind Triggers: The Power of Focus	Learn advanced techniques for initiating and sustaining focus during a game and beyond.
Day Two, 12pm	Player Lunches	EXACT provides lunch for the players & coaching staff. Time to relax, recoup and re-energize!
Day Two, 2pm	Afternoon Games	Randomized team assignments to allow for observation by coaches.
Day Two, 4pm	Visualization for Collegiate Capable Athletes	Develop a routine for preparing your mind for success.
Day Two, 5pm	Spotlight Players Game	College coach instructors nominate campers to participate in an evening spotlight game.

Day Two concludes at 5pm with spotlight players having the option to compete in the day-end game (or observe until 6pm)

EXACT Academic 50 ID Camp Itinerary (Day 3)

Time	Activity	Notes
Day Three, 8-9am	Stretch and warm-up {Optional}	Optional -- arrive by 9am for the morning games!
Day Three, 9-1pm	Morning Training Sessions	Players will rotate through clinics such as "College Speed of Play" and "Dynamic Collegiate Defense" while meeting the coaches in small group sessions.
	Pre-Game Rituals	Players will learn how to pick rituals that will help them on the field and in the classroom.
Day Three, 12pm	Player Lunches	EXACT provides lunch for the players & coaching staff. Time to relax, recoup and re-energize!
Day Three, 2pm	Afternoon Games	Randomized team assignments to allow for observation by coaches.
	Your 2015-2016 Development Strategy	EXACT will guide you to develop a personal strategy for the upcoming academic year and soccer seasons.
Day Three, 5pm	Closing Ceremonies	Have you 'Gone Mental'? The final test...

Day Three & Camp concludes at 5:30pm

Note: Itinerary subject to change.

EXACT
SPORTS

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