

Academic 50 ID Camp Itinerary (Day 1)

Time	Activity	Notes
Day One, 12pm	Paperless Check-In	No line, no wait. Start interacting with college coaches right away.
Day One, 1pm	Opening Ceremony	Learn your College Coach Elevator Pitch. Note: You will use this repeatedly during camp.
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.
	Introduction to Mental Performance Training	Players are given their training journals for game. An introduction to how mental preparation affects performance and goal setting are discussed.
Day One, 5-6pm	Tournament Team Practice	Players are assigned tournament teams led by college coaches. First team practice.

EXACT Academic 50 ID Camp Itinerary (Day 2)

Day Two, 8-9am	Goalkeeper Showcase	Goalkeepers arrive at 7:45. All 50 college coaches attend the showcase.
Day Two, 8-9am	Field Player: Dynamic Mobility Warm-Up	Field Players arrive at 8am.
Day Two, 9am	Morning College Training & Tournament Games	College coaches lead players in training sessions, followed by college evaluated games.
	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-provided)	Time to relax, recoup and re-energize!
Day Two, 1pm	Afternoon College Training & Tournament Games	New group of college coaches for your second training session. Second round of tourney games.
Day Two, 3:30pm	College Recruiting Panel (Parents Welcome)	How to navigate the college recruiting process from start to finish. Includes a panel of college coaches and open FAQ.
Day Two, 5-6pm	Spotlight Players Game	College coach instructors nominate campers to participate in an evening spotlight game.

EXACT Academic 50 ID Camp Itinerary (Day 3)

Time	Activity	Notes
Day Three, 8-9am	Yoga Recovery Session	Players work with a professional yoga instructor to facilitate recovery for the final day of camp.
Day Three, 9am	Morning College Training & Tournament Games	New group of college coaches for your third training session. Third round of tourney games.
	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-provided)	Time to relax, recoup and re-energize!
Day Three, 1pm	Afternoon Tournament Games	Teams are seeded for bracket play. A camp champion will be crowned!
Day Three, 4:30pm	Closing Ceremonies	Final meetings and evaluations with college coaches. Plan your follow up strategy!

Day Three & Camp concludes by 5:30pm

Note: Itinerary subject to change.