

Academic 25 Volleyball 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, 1:30pm	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, 1:30-3:30	Showcase warm-up games	Players will get optimal time to showcase their talents right from the start. College coaches will be evaluating athletes as they warm up into 6v6
Day One, 3:30-4:30	"Beast Mode" Mentality	Players will uncover their inner resilience and grit toward goal & task completion.
Day One, 4:30-6:00	Rotational College Positional Training	Players will rotate through clinics such as "Dynamic Defensive Positions" and "Setter Footwork and Movement" while meeting the coaches in small group sessions.

EXACT Academic 25 Volleyball Camp Itinerary (Day 2)

Day Two, 9-10am	Warm-up-Yoga	Start your day off right with a good stretch and positive mindfulness.
Day Two, 10-12pm	Morning Training Sessions	Players rotate through training sessions: "Receiving the Serve" and "Collegiate Offensive systems"
Day Two, 12pm	Player-Coach Lunches	EXACT Provides lunch for the players & coaching staff. Time to relax, recoup and reenergize!
Day Two, 12:30-2pm	Mind Triggers: The Power of Focus	Learn advanced techniques for initiating and sustaining focus during a game and beyond.
Day Two, 2:15	Afternoon Training sessions	Collegiate training sessions.
Day Two, 3:15-5:15pm	Afternoon Showcase Games	Randomized team assignments to allow for observation by coaches.

EXACT Academic 25 Volleyball Camp Itinerary (Day 3)

Time	Activity	Notes
Day Three, 9am	Morning Mindfulness	Start your morning off on the right foot!
Day Three, 10am -1pm	Morning Training Sessions	Players will rotate through team training sessions with different college coaches.
	“What Fuels you?”	Players will learn how to fuel their bodies for peak performance.
Day Three, 1pm	Player Lunches	EXACT provides lunch for the players & coaching staff. Time to relax, recoup and re-energize!
Day Three, 2pm	Afternoon Games/“Camp Olympics”	Randomized team assignments to allow for observation by coaches.
	Your 2018 Development Strategy	EXACT will guide you to develop a personal strategy for the upcoming academic year and soccer seasons.
Day Three, 5:30pm	Closing Ceremonies	Have you ‘Gone Mental’? The final test...

Note: Itinerary subject to change.

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MOVEMENT!