



SOCA SELECT ACADEMY

U16 Boys

Jefferson Cup Itinerary

Wednesday, March 10, 2010

8-10:00pm Training @ UVA Football Turf Field

Begin preparing for weekend by properly hydrating, eating well & getting plenty of rest.

Thursday, March 11, 2010

7-8:30pm Training @ STAB Turf Field

Begin preparing for weekend by properly hydrating, eating well & getting plenty of rest.

Friday, March 12, 2010 (Match Day #1)

7:00am Meet @ South Fork Soccer Park (pack vans/get organized)
7:30am Vans leave South Fork Soccer Park
9:00am Team Meeting @ Capital Park #3
10:15am Watch SOCA Select Academy U18's
11:30am Team Lunch
12:30pm Team Meeting @ Capital Park #3
12:45pm Team Warmup @ Capital Park #3
1:45pm Match #1 vs. Hockessin SC (Delaware) @ Capital Park #3
3:15pm Post Game Summary & Cool Down
3:30pm Post Game Snack for Starters / Fitness & Ball-work for Reserves
4:15pm Leave for Hotel
6:30pm Team Dinner
9:00pm Team Meeting
10:30pm Players in Rooms
11:30pm Lights Out / REST

Saturday, March 13, 2010 (Match Day #2)

7:30am Team Meeting & Regeneration Jog/Stretch
8:30am Team Breakfast
10:30am Study Hall (Quiet Study/Reading)
12:30pm Team Lunch
3:30pm Team Meeting
4:00pm Leave for Match #2
4:15pm Team Meeting @ Capital Park #2
4:30pm Team Warmup @ Capital Park #2
5:30pm Match #2 vs. Middlepath Gunners (New York East) @ Capital Park #2
7:00pm Post Game Summary & Cool Down
7:15pm Post Game Snack for Starters / Fitness & Ball-work for Reserves
8:00pm Leave for Hotel
9:00pm Team Dinner / Team Meeting
10:30pm Players in Rooms
11:00pm Lights Out / REST



Sunday, March 14, 2010 (Match Day #3)

7:00am Team Meeting & Regeneration Jog/Stretch
8:00am Team Breakfast
10:30am Team Lunch (Light)
11:45am Leave for Match #3
12:00pm Team Meeting @ Capital Park #1
12:15pm Team Warmup @ Capital Park #1
1:15pm Match #3 vs. Vereinigung SC (Pennsylvania East) @ Capital #1
3:00pm Post Game Summary & Cool Down
3:15pm Post Showcase Summary

Monday, March 15, 2010

If day off (no high school training or games), go for a 20-25 minute regeneration run (a slow jog) and 15 minutes of dynamic & static stretching.

Field Address – Capital Park:

6300 Wilkinson Road
Richmond, Virginia 23227

Hotel Address – Comfort Inn Conference Center:

3200 West Broad Street
Richmond, Virginia 23230

Fees per player for weekend (for 18 player roster selected) (hotel & food included):

\$190.00 per player

Includes: (2)nights Hotel, Van transportation, Tournament Fees, Meals, Snacks & Water/Gatorade
this fee is calculated based on the selection of the 18 players per team; there are no pro-rated fees.

