



# **SOCA SELECT ACADEMY**

## **U16 Girls**

### **Jefferson Cup Itinerary**

#### **Wednesday, March 17, 2010**

7:30-9pm Training @ STAB Turf Field

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

#### **Thursday, March 18, 2010**

7:30-9pm Training @ STAB Turf Field

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

#### **Friday, March 19, 2010 (Match Day #1)**

12:15pm Team Meeting @ Striker Park #7

12:30pm Team Warmup @ Striker Park #7

1:30pm Match #1 vs. Empire United (New York West) @ Striker Park #7

3:00pm Post Game Summary & Cool Down

3:30pm Players free to leave

#### **Saturday, March 20, 2010 (Match Day #2)**

10:15am Team Meeting & Regeneration Jog/Stretch @ West Creek #1

10:30am Team Warmup @ West Creek #1

11:20am Match #2 vs. Triangle FC Navy (North Carolina) @ West Creek #1

12:50pm Post Game Summary & Cool Down

1:15pm Players free to leave

#### **Sunday, March 21, 2010 (Match Day #3)**

11:45am Team Meeting & Regeneration Jog/Stretch @ Striker Park #1

12:00pm Team Warmup @ Striker Park #1

1:00pm Match #3 vs Montgomery SC (Maryland) @ Striker Park #1

2:30pm Post Game Summary & Cool Down

3:00pm Players free to leave

#### **Monday, March 22, 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 – Striker Park:**

4801 Pouncey Tract Road  
Glen Allen, Virginia 23059

#### **Field Address – West Creek Park:**

12575 West Creek Parkway  
Richmond, Virginia 23238

#### **Fees per player for weekend (for 16 player roster selected):**

\$70.00 per player

Includes: Tournament fee, snacks, water/Gatorade.

*this fee is calculated based on the selection of the 16 players per team; there are no pro-rated fees.*

