



# **SOCA SELECT ACADEMY**

## **U18 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

9:15pm Team Warmup @ Capital Park #3

10:15am Match #1 vs. Annandale Red Devils (Virginia) @ Capital Park #3

11:45am Post Game Summary & Cool Down

12:00pm Post Game Snack for Starters / Fitness & Ball-work for Reserves

12:45pm Leave for Hotel

2:00pm Team Lunch

6:30pm Team Dinner

9:00pm Team Meeting @ Hotel

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

2:00pm Leave for Match #2

2:30pm Team Meeting @ Capital Park #2

2:45pm Team Warmup @ Capital Park #2

3:45pm Match #2 vs. Philadelphia SC Coppa (Pennsylvania East) @ Capital Park #2

5:15pm Post Game Summary & Cool Down

5:30pm Post Game Snack for Starters / Fitness & Ball-work for Reserves

6:15pm Watch SOCA Select Academy U16's / Post Fitness Snack for Reserves

8:00pm 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 #3  
12:15pm Team Warmup @ Capital Park #3  
1:15pm Match #3 vs. Potomac Cougars (Maryland) @ Capital #3  
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.*

