



SOCA SELECT ACADEMY

U18 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)

2:00pm Team Meeting @ Striker Park #3

2:15pm Team Warmup @ Striker Park #3

3:15pm Match #1 vs. Classics FC (Ohio) @ Striker Park #3

4:45pm Post Game Summary & Cool Down

5:00pm Players free to leave

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

11:15am Team Meeting & Regeneration Jog/Stretch @ Striker Park #5

12:15pm Team Warmup @ Striker Park #5

1:00pm Match #2 vs. Empire United (New York West) @ Striker Park #5

2:30pm Post Game Summary & Cool Down

2:45pm Players free to leave

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

1:15pm Team Meeting & Regeneration Jog/Stretch @ Striker Park #3

1:40pm Team Warmup @ Striker Park #3

2:40pm Match #3 vs Vista Fury (Virginia) @ Striker Park #3

3:00pm Post Game Summary & Cool Down

3:15pm Players free to leave

Monday, March 22, 2010

If day off (no training or games), go for a 20 minute regeneration run and 15 minutes dynamic/static stretching.

Field Address – Striker Park:

4801 Pouncey Tract Road
Glen Allen, Virginia 23059

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.

