**WISA Men’s Extended Goalkeeper Showcase**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Thursday** | **Activity** |  | **Friday** | **Activity** |  | **Saturday** | **Activity** |  | **Sunday** | **Activity** |
|  | | 6.45-7.45am | Low Extensions and Recovery | 6.45-7.45am | Working back to Bar | 7am | Breakfast |
| 8am | Breakfast | 8am | Breakfast | 7.30-9am | Free Time |
| 8.30-10.30am | Free Time | 8.30-10.30am | Free Time | 9-10.30am | Dealing with Crosses |
| 10.30-11.30am | High Extension Dives | 10.30-11.30am | 1v1 Situations | 10.30-11.30am | Free Time |
| 12noon | Lunch | 12noon | Lunch | 11.30am | Lunch |
| 12.30-2pm | Free Time | 12.30-2pm | Free Time | **Follows Showcase Schedule** | |
| 2-3pm | Yoga Session | 2-3pm | Yoga Session |
| 1-4pm | Check In | 3-4pm | Analysis Session | 3-4pm | Video Session | 1-2pm | Camp Meeting |
| 5pm | Camp Meeting | 4-4.30pm | Free Time | 4-4.30pm | Free Time | 2.30-4pm | Reactions and Multiple Shot Stopping (Pos.) |
| 5.30pm | Dinner | 5pm | Dinner | 5pm | Dinner | 5pm | Dinner |
| 6-7pm | Free Time | 5.30-7pm | Free Time | 5.30-7pm | Free Time | 5.30-6.30pm | Free Time |
| 7-8.30pm | Basic Handing and Medium Extensions | 7-8.30pm | Foot Skills/Distribution (Support Position) | 7-8.30pm | Positioning and Movement | 7-8.30pm | Matches |
|
|  |  |  |  |  |  |  |  |  |  |  |
| **Monday** | **Activity** |  | **Tuesday** | **Activity** |  | **Wednesday** | **Activity** |  | **Thursday** | **Activity** |
| 7am | Breakfast |  | 7am | Breakfast |  | 7am | Breakfast |  | 7am | Breakfast |
| 7.30-9am | Free Time |  | 7.30-9am | Free Time |  | 7.30-9am | Free Time |  | 7.30-9am | Free Time |
| 9-10am | Training with Team |  | 9-10am | Training with Team |  | 9-10am | Shot Stopping Games |  | 9-11am | Matches |
| 10-11am | Parry/Tipping |  | 10-11am | Repositioning and footwork |  | 10-11am | Training With Team |  |
| 11.30am | Lunch |  | 11.30am | Lunch |  | 11.30am | Lunch |  | 11.30am | Check out |
| 12-1.30pm | Free Time |  | 12-1.30pm | Free Time |  | 12-1.30pm | Free Time |  |  |  |
| 2.30-4.30pm | Matches |  | 2.30-4.30pm | Matches |  | 2.30-4.30pm | Matches |  |  |  |
| 5pm | Dinner |  | 5pm | Dinner |  | 5pm | Dinner |  |  |  |
| 5.30-6.30pm | Free Time |  | 5.30-6.30pm | Free Time |  | 5.30-6.30pm | Free Time |  |  |  |
| 7-8.30pm | Matches |  | 7-8.30pm | Matches |  | 7-8.30pm | Matches |  |  |  |
|  |  |  |  |  |

* All Training Sessions through 4.45pm Sunday will be held on the Soccer Practice Field or Game Field – from Match 1 all activities afterwards will be at Helms Fields.
* All analysis and video sessions will be held in the Soccer Fieldhouse or Classrooms
* Yoga sessions will take place in the McGee Fitness Centre which is next to JM Smith Dorm.
* All meals will be eaten in the University Cafeteria.
* WiFi is available in the dorms- check the dry erase board in the lobby of dorm for password

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **A close up of a sign  Description generated with high confidence**C:\Users\Amy\AppData\Local\Microsoft\Windows\INetCache\IE\2U0YEL00\twitter-logo[1].png | WISAcamps | C:\Users\Amy\AppData\Local\Microsoft\Windows\INetCache\IE\2U0YEL00\SnapchatLogo[1].png | Wisacamps | C:\Users\Amy\AppData\Local\Microsoft\Windows\INetCache\IE\OF8UHCCL\Instagram-logo[1].png | **A close up of a sign  Description generated with high confidence**Wingatesoccercamps |

Emergency Contact: Amy 704-577-2898 call or text – please inclulde player name