



2018 SOPA/SOYO
MULTI-SPORTS TRAINING CAMP
ANTIOCHIAN VILLAGE, BOLIVAR, PA

OVERVIEW OF DAILY SCHEDULE

(A detailed Daily Schedule and Sport Rotation Schedule will be provided at registration)

Sunday, August 12th

12:00 p.m. - 2:00 p.m.	Athlete/Coach Registration
2:00 p.m. - 3:30 p.m.	Unpack/Coach Mtg. /Orientation
3:30 p.m. - 5:30 p.m.	Athlete Sport Assessments
6:00 p.m. - 7:00 p.m.	Dinner
7:00 p.m. - 9:00 p.m.	Get Acquainted Activities
10:00 p.m.	Lights Out/In Cabins

Monday-Friday, August 13th – 17th

8:00 a.m.	Breakfast
9:15 a.m. - 11:15 a.m.	Primary Sports Training
11:15 a.m. - 12:00 p.m.	Break
12:00 p.m. - 12:45 p.m.	Lunch
1:00 p.m. - 4:00 p.m.	Sport Training Rotations
4:00 p.m. - 6:00 p.m.	Break in Cabins
6:00 p.m. - 7:00 p.m.	Dinner
7:30 p.m. - 9:30 p.m.	Evening Entertainment
10:00 p.m.	Lights Out/In Cabins

Saturday, August 18th

8:00 a.m. - 9:00 a.m.	Breakfast
9:00 a.m. - 9:30a.m.	Cabin Clean-up
9:30 a.m.	Departure for HOME

Tentative Evening & Special Events Entertainment:

- Monday – Afternoon and Early Evening - Steelers Training Camp
- Tuesday – Challenge Night & Gimme Shop
- Wednesday – Carnival Night
- Thursday – Tail Gate Dance - Wear your favorite football Teams t-shirt!
- Friday – Karaoke Night & Camp Store

Remember the theme is “Football” Are you Ready!!!! We are... Sports Camp!