

Biola University**Women's Soccer**

Time	Day 1	Day 2	Day 3	Day 4	Day 5
7:00 - 8:00 AM		Skill Development	Skill Development	Skill Development	Skill Development
8:00 - 9:00 AM		Breakfast	Breakfast	Breakfast	Breakfast
9:00 - 9:45 AM		Sports Ministry Training	Sports Ministry Training	Sports Ministry Training	Sports Ministry Training
10:00 - 12:00 PM		Field Session	Field Session	Field Session	Field Session
12:00 - 1:00 PM		Lunch	Lunch	Lunch	Lunch
1:00 - 2:00 PM		Campus Tour	Strength & Conditioning Session with Assistant Coach: Anya Tronson	Biola Women's Soccer Presentation + Q & A	
2:00 - 3:30 PM		Free Time/ Pool	Free Time/ Pool	Free Time/ Pool	
3:30- 4:30	Check-In	Functional Training	Functional Training	Functional Training	
4:30-5:30	Orientation	Classroom Session with Head Coach: Mike Silzer	Classroom Session with Head Coach: Mike Silzer	Classroom Session with Head Coach: Mike Silzer	
5:30 - 6:30 PM	Dinner	Dinner	Dinner	Dinner	
6:30-7:30	Devotions	Devotions	Devotions	Devotions	
8:00 - 8:15	Warm Up	Warm Up	Warm Up	Warm Up	
8:15-10:00 PM	Scrimmage	Scrimmage	Scrimmage	Scrimmage	
10:15 PM	In Dorms	In Dorms	In Dorms	In Dorms	
11:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	