



**Ithaca Youth Soccer Academy**

<http://ithacayouthsocceracademy.com>

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## **IYSA 2020 Summer Soccer Day Camp**

**Session 1: July 20 – 24, 2020**

**Session 2: August 17 – 21, 2020**

**Location:** Grantchester Fields @ 1767 East Shore Drive, Ithaca, NY 14850

**Camp Schedule:** Monday through Friday, 9am to 12pm

**What to Bring:** Cleats, sneakers, shinguards, sunscreen, lots of water, face covering, snacks

### **Daily Itinerary:**

<b>Time</b>	<b>Activity</b>
<b>8:30 to 9:00 am</b>	Arrive at Camp
<b>9:00 to 9:30 am</b>	Morning Meeting, Warmups & Stretching
<b>9:30 to 12:00 pm</b>	Training Session
<b>12 to 12:30 pm</b>	Camp Pickup