

## Daily Schedule: Residential Camp at Mercersburg Academy



### **Day 1:**

4:00-5:00 - Check in  
5:00-5:30 - Orientation  
6:00 - Dinner  
7:00-8:30 - Field Session/Scrimmage

### **Day 2:**

6:00-7:00 - Weight room  
8:20-8:40 - Breakfast 9:00-  
11:00 - Field session 11:30-  
12:00 - Lunch  
2:00-4:00 – Futsal  
4:00-5:00 - Pool  
6:00 - Dinner  
7:00-8:30 - Field Session/Scrimmage

### **Day 3:**

6:00-7:00 - Weight room  
8:20-8:40- Breakfast  
9:00-11:00 - Field session  
11:30-12:00 - Lunch  
2:00-4:00 – Futsal  
4:00-5:00 - Pool  
6:00 - Dinner  
7:00-8:30 - Field Session/Scrimmage

### **Day 4:**

6:00-7:00 - Weight room  
8:20-8:40 - Breakfast  
9:00-11:00 - Field session  
11:30-12:00 - Lunch  
2:00-4:00 - Futsal  
6:00 - Dinner  
7:00-8:30 - Field Session/Scrimmage

### **Day 5:**

8:20-8:40 - Breakfast  
9:00-11:00 - Field Session/Scrimmage  
11:00-1:00 - Room inspection/Dismissal