



ECES LTD CYPRUS

AYIA NAPA

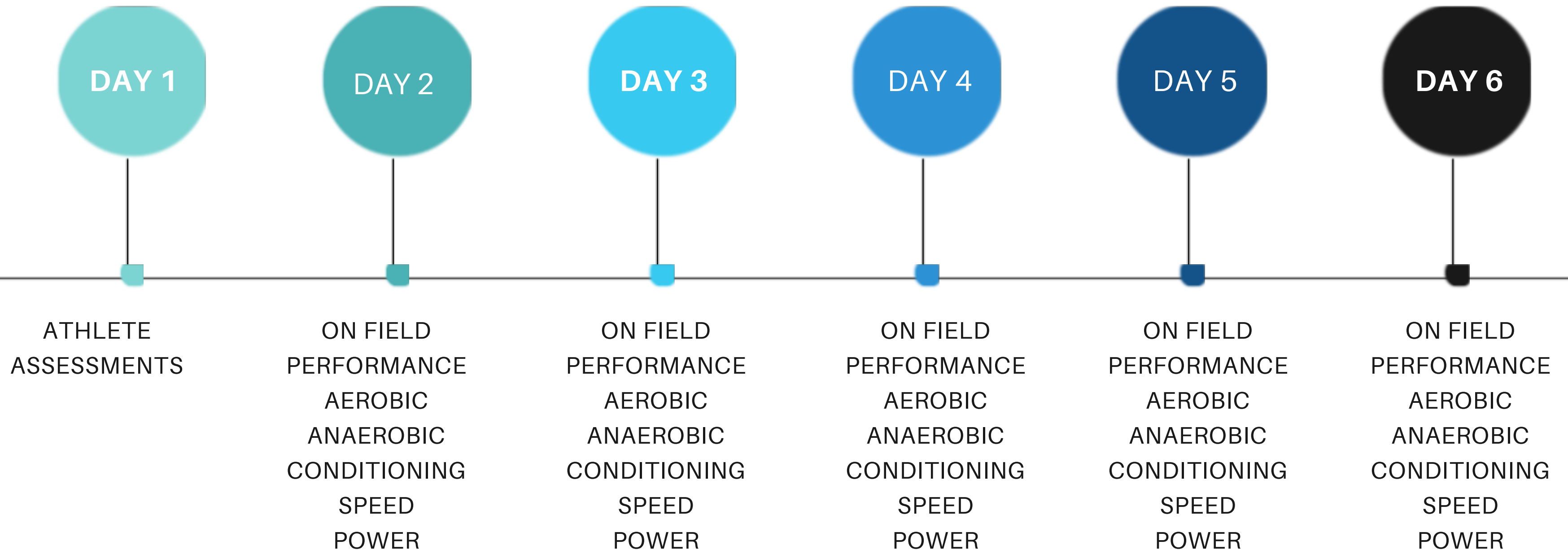
LIKE A PRO SUMMER SOCCER
CAMP FOR **U.S** ATHLETES



TRAINING SESSION 1

7 AM PERFORMANCE

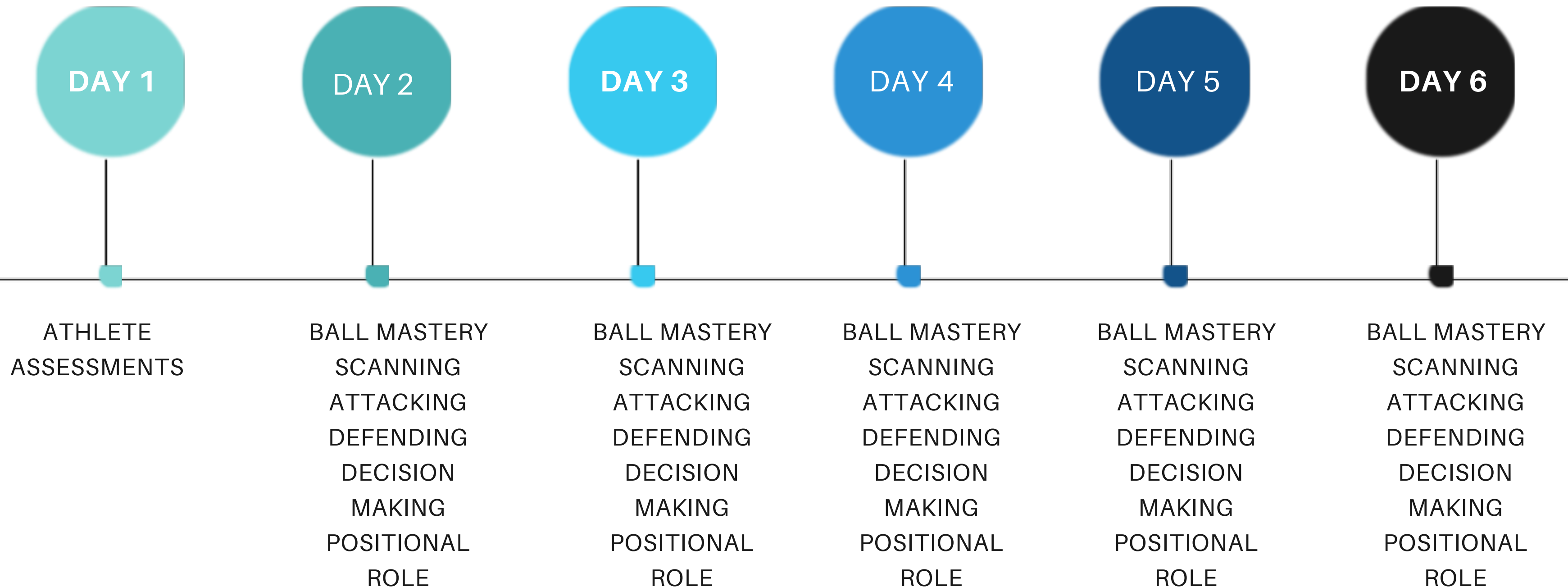
OUR EXERCISE PHYSIOLOGIST WILL DETERMINE INDIVIDUAL DAILY TRAINING LOADS BASED ON ATHLETE ASSESSMENTS AGE AND LEVEL



TRAINING SESSION 2

6 PM TECHNICAL ABILITY AND INDIVIDUAL TACTICAL POSITIONING

A COMPLEX PROGRESSION FOCUSED ON INDIVIDUAL STRENGTHS AND WEAKNESSES



SCHEDULE WEEK 1

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|--|---|---|---|---|---|
| ATHLETE ASSESSMENTS | 7 AM TRAINING SNACK | 7 AM TRAINING SNACK | 7 AM TRAINING SNACK | 7 AM TRAINING SNACK | 7 AM TRAINING SNACK |
| FITNESS ASSESSMENTS | 9:30 AM BREAKFAST | 9:30 AM BREAKFAST | 9:30 AM BREAKFAST | 9:30 AM BREAKFAST | 9:30 AM BREAKFAST |
| SKILL ABILITY ASSESSMENTS | REST AND FREE TIME | REST AND FREE TIME | REST AND FREE TIME | REST AND FREE TIME | REST AND FREE TIME |
| MSK BIOMECHANICAL STRENGTH ASSESSMENTS | 1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING | 1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING | 1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING | 1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING | 1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING |
| COGNITIVE ASSESSMENTS | 6 PM TRAINING | 6 PM TRAINING | 6 PM TRAINING | 6 PM TRAINING | 6 PM TRAINING |
| SPEED ASSESSMENTS | 8:30 PM DINNER FREE TIME TILL LIGHTS OUT | 8:30 PM DINNER FREE TIME TILL LIGHTS OUT | 8:30 PM DINNER FREE TIME TILL LIGHTS OUT | 8:30 PM DINNER FREE TIME TILL LIGHTS OUT | 8:30 PM DINNER FREE |

RECOVERY DAY & EXCURSIONS DAY 7

| 8 AM | 8:30 | 10:30 | 12:30 | 8:30 | |
|-----------|-----------------------------|------------------------------------|-----------------------|--------|--|
| BREAKFAST | AQUA RECOVERY | MEDUSA CRUISE AROUND THE ISLAND | WATERSPORTS | DINNER | |
| | CRYOTHERAPY | LUNCH PROVIDED | BEACH | | |
| | STEAM | | REST AND FREE TIME | | |
| | JACUZZI | | | | |
| | SAUNA | | | | |
| | AQUA RUNNING AND BICYCLE | | | | |

CAMP DATES 2024

SUMMER CAMP Monday July 1 - Monday July 15, 2024
Tuesday July 16 - Tuesday July 30, 2024

Cost per Student Athlete 15 day camp



Adult

1 or 2 adults



High School

50 % will be female



Collegiate

50 % will be male

euro 3,300

Please contact our travel agent located in Chicago for airfare