



Summer Camp Program

Daily Schedule:

7:30AM WAKE UP
8AM BREAKFAST
8:30AM~10:30AM FREE TIME/HOMEWORK
10:30AM~12:30AM PRACTICE
12:30AM~1:30PM LUNCH TIME
1:30PM~4PM FREE TIME/NAP TIME
4PM~6:30PM PRACTICE
6:30PM~7PM SHOWER
7PM~8:00PM DINNER TIME
8PM~8:30PM REVIEW OF THE DAY WITH COACHES
From 8:30PM RELAXING AND BED TIME

If you would like more free time for you kids to do homework, please let us know.

What to bring for the week:

- **Training gear:**
 - FC Nomade uniform for members
 - 3 training shirts
 - 3 pairs of shorts
 - 3 pairs of long socks
 - Jacket and long pants
 - Waterproof jacket
 - Gloves for keepers
 - Gloves (winter)
 - Winter or Summer hat
 - Underwears
 - Football shoes for grass (spikes), turf (spike-less), and indoor (flat shoes)
 - Running shoes
 - Shin pads
 - Soccer Ball
 - Water Bottle
- **Others:**
 - Toothbrush & toothpaste
 - Towel
 - Alcohol gel
 - Masks
- **Original of insurance card**

Please, write your names on your clothes and provide a list of items that you bring.

All information about departure and return are on the website in our Soccer Camp page.

Visit www.fcnomade.com for more info or send us an email at fcnomade@p-and-i.jp