



# Soccer Camp Program

## Daily Schedule

<b>7AM</b> WAKE UP
<b>7:30AM</b> MORNING RUN
<b>8:30AM</b> BREAKFAST
<b>9AM~10:15AM</b> FREE TIME/HOMEWORK
<b>10:30AM~12:30AM</b> PRACTICE
<b>12:30AM~1 :15PM</b> LUNCH TIME
<b>1:15PM~2 :45PM</b> FREE TIME/NAP TIME
<b>3PM~5PM</b> PRACTICE
<b>5PM~5:30PM</b> SHOWER
<b>5:30PM~6PM</b> FREE TIME
<b>6PM~7PM</b> DINER TIME
<b>8PM~8:45PM</b> REVIEW OF THE DAY WITH COACHES
<b>9PM</b> 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, we recommend:**
  - 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](http://www.fcnomade.com) for more info or send us an email at [fcnomade@p-and-i.jp](mailto:fcnomade@p-and-i.jp)