



ECNL NATIONAL TRAINING CAMP

FACILITY: University of Portland | 5000 N Willamette Blvd. | Portland, OR

***Schedule is subject to change. Any changes made after July 15th will be highlighted in yellow*

JULY 23, 2022 | DAY 1

TEAM	ACTIVITY	TIME	LOCATION
Teams A, B, C, D, E, & F	Arrivals	7:00 AM - 2:00 PM	
Teams A, B, C, D, E, & F	Lunch @ UP	11:00 AM - 1:00 PM	
Teams A, B, C, D, E, & F	Welcome Meeting	3:15 PM	
Teams A, B, C, D, E, & F	Light Training Session	3:30 PM - 4:30 PM	Merlo Field
Teams A, B, C, D, E, & F	Dinner @ UP	6:30 PM - 7:30 PM	

JULY 24, 2022 | DAY 2

TEAM	ACTIVITY	TIME	LOCATION
Teams A, B, C, D, E, & F	Breakfast @ UP	7:00 AM - 8:30 AM	
Teams A & B	Team A vs Team B Scrimmage	8:00 AM - 9:30 AM	Merlo Field
Teams C & D	Team C vs Team D Scrimmage	9:30 AM - 11:00 AM	Merlo Field
Teams E & F	Team E vs Team F Scrimmage	9:30 AM - 11:00 AM	Turf Field
Teams A, B, C, D, E, & F	Lunch @ UP	11:30 AM - 1:00 PM	
Teams A & B	Training Session	2:30 PM - 4:00 PM	Merlo Field
Teams C, D, E, & F	Training Session	4:00 PM - 5:30 PM	Merlo Field
Teams A, B, C, D, E, & F	Dinner @ UP	6:00 PM - 7:30 PM	

JULY 25, 2022 | DAY 3

TEAM	ACTIVITY	TIME	LOCATION
Teams A, B, C, D, E, & F	Breakfast @ UP	7:00 AM - 8:30 AM	
Teams A, B, C, & D	Training Session	8:00 AM - 9:30 AM	Merlo Field
Teams E & F	Training Session	9:30 AM - 11:00 AM	Merlo Field
Teams A, B, C, D, E, & F	Lunch @ UP	11:30 AM - 1:00 PM	
Teams A, B, & C	Off-Field Recovery Session	3:00 PM - 4:00 PM	Chiles
Teams D, E, & F	Off-Field Recovery Session	4:00 PM - 5:00 PM	Chiles
Teams A, B, C, D, E, & F	Dinner @ UP	6:00 PM - 7:30 PM	

JULY 26, 2022 | DAY 4

TEAM	ACTIVITY	TIME	LOCATION
Teams A, B, C, D, E, & F	Breakfast @ UP	7:00 AM - 9:00 AM	
Teams A & B	Team A v Team B Final Match	8:00 AM - 9:30 AM	Merlo Field
Teams C & D	Team C v Team D Final Match	9:30 AM - 11:00 AM	Merlo Field
Teams E & F	Team E v Team F Final Match	11:00 AM - 12:30 PM	Merlo Field
Teams A, B, C, D, E, & F	Lunch @ UP	11:30 AM - 1:30 PM	
Teams A, B, C, D, E, & F	Final Activities	4:00 PM - 5:00 PM	Merlo Field
Teams A, B, C, D, E, & F	Best XI Announcement	5:15 PM - 5:30 PM	Merlo Field
Teams A, B, C, D, E, & F	Dinner @ UP	5:30 PM - 6:45 PM	
Teams A, B, C, D, E, & F	Product Buy Backs	8:45 PM - 9:45 PM	

JULY 27, 2022 | DAY 5

TEAM	ACTIVITY	TIME	LOCATION
Teams A, B, C, D, E, & F	Departures	6:00 AM - 12:00 PM	