

Site: Virginia Beach, Virginia

Location: [Virginia Beach Regional Training Center](#) 

Weekend 1: March 7 & 8

Players please arrive 45 minutes prior to session 1 for check in.

10:00 a.m. - 1:30 p.m.

Weekend 2: March 21 & 22

Players please arrive 30 minutes prior to session 2 for check in.

10:00 a.m. - 1:30 p.m.

Weekend 3: April 11 & 12

Players please arrive 30 minutes prior to session 3 for check in.

10:00 a.m. - 1:30 p.m.

Site: Miami, Florida

Location: [MAST Academy](#) 

Weekend 1: February 21 & 22

Players please arrive 45 minutes prior to session 1 for check in.

8:00 a.m. - 12:00 p.m.

Weekend 2: Feb 28 & March 1

Players please arrive 30 minutes prior to session 1 for check in.

8:00 a.m. - 12:00 p.m.

Weekend 3: April 18 & 19

Players please arrive 30 minutes prior to session 1 for check in.

8:00 a.m. - 12:00 p.m.

Site: Richmond, Virginia

Location: [St. Catherines School](#) 

Weekend 1: March 21 & 22

Players please arrive 45 minutes prior to session 1 for check in.

U-14 & U-16 (2011 - 2013, & Younger) 10:00 a.m. - 1:30 p.m.

U-18 & U-21 (2008- 2010 & Older) 2:00 p.m. - 5:30 p.m.

Weekend 2: March 28 & 29

Players please arrive 30 minutes prior to session 2 for check in.

U-14 & U-16 (2011 - 2013, & Younger) 10:00 a.m. - 1:30 p.m.

U-18 & U-21 (2008- 2010 & Older) 2:00 p.m. - 5:30 p.m.

Weekend 3: April 11 & 12

Players please arrive 30 minutes prior to session 3 for check in.

U-14 & U-16 (2011 - 2013, & Younger) 10:00 a.m. - 1:30 p.m.

U-18 & U-21 (2008- 2010 & Older) 2:00 p.m. - 5:30 p.m.

Site: North Carolina

Weekend 1: March 7 & 8

Players please arrive 45 minutes prior to session 1 for check in.

Location: [Queens University of Charlotte](#) 

U-14 & U-16 (2011 - 2013, & Younger) 9:00 a.m. - 12:30 p.m.

U-18 & U-21 (2008- 2010 & Older) 1:00 p.m. - 4:30 p.m.

Weekend 2: March 14 & 15

Players please arrive 30 minutes prior to session 2 for check in.

Location: [Wake Forest University](#) 

U-14 & U-16 (2011 - 2013, & Younger) 9:00 a.m. - 12:30 p.m.

U-18 & U-21 (2008- 2010 & Older) 1:00 p.m. - 4:30 p.m.

Weekend 3: April 11 & 12

Players please arrive 30 minutes prior to session 3 for check in.

Location: [Duke University](#) 

April 11:

U-14 & U-16 (2011 - 2013, & Younger) : 8:00 a.m. - 11:00 a.m.

U-18 & U-21 (2008- 2010 & Older) : 5:00 p.m. - 8:00 p.m.

*Duke will play a spring game vs University of North Carolina at 1:00 p.m. on April 11

April 12:

U-14 & U-16 (2011 - 2013, & Younger) : 8:00 a.m. - 11:30 a.m.

U-18 & U-21 (2008- 2010 & Older) : 12:30 p.m. - 4:00 p.m.

Site: Northern Virginia

Location: all sessions at [Independence High School](#) 

Weekend 1: March 14 & 15

Players please arrive 45 minutes prior to session 1 for check in.

March 14: 12:30 p.m. - 3:30 p.m.

March 15: 2:00 p.m. - 5:00 p.m.

Weekend 2: April 18 & 19

Players please arrive 30 minutes prior to session 2 for check in.

April 18: 12:30 p.m. - 3:30 p.m.

April 19: 2:00 p.m. - 5:00 p.m.

Weekend 3: April 25 & 26

Players please arrive 30 minutes prior to session 3 for check in.

April 25: 12:30 p.m. - 3:30 p.m.

April 26: 2:00 p.m. - 5:00 p.m.

2026 Selection Camp Schedule

Looking to get a book a hotel for Region 7 & 8 selection camp? Check out this [link](#)
🔗 here to book a hotel from our friends at Team Travel Source!

Field 1 - U21 & U18

U18 Group 1: Field Players last name A-K , Goalkeepers A-L

U18 Group 2: Field Players last name L-Z, Goalkeepers M-Z

Session Time	Age group	Check in	Day
7:30 a.m - 10:30 a.m.	U21	7:00 a.m.	May 9, 2026- Day 1
10:30 a.m. - 11:00 a.m.	U21 GK Session		May 9, 2026 - Day 1
11:30 p.m. - 2:30 p.m.	U18 Group 1	10:45 a.m.	May 9, 2026 - Day 1
2:30 p.m. - 3:00 p.m.	U18 GK Session	2:00 p.m. for U18 Group 2 GKs	May 9, 2026 - Day 1
3:30 p.m. - 6:30 p.m.	U18 Group 2	2:45 p.m.	May 9, 2026 - Day 1
7:30 a.m - 10:30 a.m.	U21	7:00 a.m.	May 10, 2026- Day 2
10:30 a.m. - 11:00 a.m.	U21 GK Session		May 10, 2026- Day 2
11:30 p.m. - 2:30 p.m.	U18 Group 1	10:45 a.m.	May 10, 2026- Day 2
2:30 p.m. - 3:00 p.m.	U18 GK Session	2:00 p.m. for U18 Group 2 GKs	May 10, 2026- Day 2
3:30 p.m. - 6:30 p.m.	U18 Group 2	2:45 p.m.	May 10, 2026- Day 2

Field 2 - U14 & U16

U16 Group 1: Field Players last name A-L , Goalkeepers A-K

U16 Group 2: Field Players last name M-Z, Goalkeepers L-Z

Session Time	Age group	Check in	Day
7:30 a.m. - 10:30 a.m.	U14	7:00 a.m.	May 9, 2026- Day 1
10:30 a.m. - 11:00 a.m.	U14 GK Session		May 9, 2026 - Day 1
11:30 p.m. - 2:30 p.m.	U16 Group 1	10:45 a.m.	May 9, 2026 - Day 1
2:30 p.m. - 3:00 p.m.	U16 GK Session	2:00 p.m. for U18 Group 2 GKs	May 9, 2026 - Day 1
3:30 p.m. - 6:30 p.m.	U16 Group 2	2:45 p.m.	May 9, 2026 - Day 1
7:30 a.m. - 10:30 a.m.	U14	7:00 a.m.	May 10, 2026- Day 2
10:30 a.m. - 11:00 a.m.	U14 GK Session		May 10, 2026- Day 2
11:30 p.m. - 2:30 p.m.	U16 Group 1	10:45 a.m.	May 10, 2026- Day 2
2:30 p.m. - 3:00 p.m.	U16 GK Session	2:00 p.m. for U16 Group 2 GKs	May 10, 2026- Day 2
3:30 p.m. - 6:30 p.m.	U16 Group 2	2:45 p.m.	May 10, 2026- Day 2