

Time	General Itinerary
8:30 AM	REPORT TO BASKETBALL
9:00 AM	ROLL CALL
9:05 AM	TOPIC LECTURE
9:20 AM	STRETCHING
9:30 AM	INDIVIDUAL STATIONS/SKILL FUNDAMENTAL DEVELOPMENT
10:30 AM	SNACK BREAK
10:45 AM	FILM/PLYOMETRICS/SPEED AND AGILITY/VERTICAL LEAP
11:45 AM	LUNCH
1:00 PM	WARMUP
1:45 PM	CAMP COMPETITIONS
3:00 PM	BREAK
3:10 PM	4V4 5V5
3:45 PM	CLOSING REMARKS
4:00 PM	DISMISSAL

ITEMS NEEDED

TOWEL

WATER (GALLON PREFERRED)

YOGA MAT

LUNCH OR LUNCH MONEY

SNACK

CHANGE OF CLOTHES