

Typical Daily Schedule

Monday: registration starts at 8:00 AM Alumni Healthful Living Center

Camp starts at 8:30 AM

8:30-8:45 meet with camper's coach/counselor
Attendance/group stretch

Groups rotate to Skill session with different coaches/counselors each morning

(Example-Skills change daily)

8:45-9:10 Skill session Coerver dribbling moves

9:15-9:40 Skill session receiving and passing under pressure

9:45-10:10 Skill session finishing drills (shooting for success)

10:15-10:30 Camp break

10:35-11:00 Skill session Possession and Defensive technique

11:05 Return to group coach/counselor prepare for lunch

11:15-12:00 Noon Lunch in the College Cafeteria

12:00-1:00 PM first swim session

1:00-2:00 PM second swim session

Those not wishing to swim have supervised free time in the
air-conditioned gym - requires sneakers or indoor shoes

Afternoon sessions are filled with small-sided games and full field games under the supervision of campers assigned coach/counselor and assistants.

Camp ends at 4:00 PM pickup at the Alumni Healthful Living Center (AHLIC)

Campers will not be released from the fields.