

Advanced Skills Camp 2009 Schedule

DAY 1 – Friday, July 17

1:30 – 2:30	Check-In (Circular Drive on Standard St., see Website for map)
3:00 – 3:30	Opening Meeting (Martin Centre Gym)
3:30 – 5:00	Skill Evaluation/Instructional Clinic
5:00 – 5:30	Meeting/Camp Rules
5:30 – 6:30	Dinner Break (Pizza Feed, South Lawn, 5:30 pm)
6:30 – 9:00	Instructional Clinic/Drills/“Queen of the Court”
9:00 – 9:15	Meeting/Staff Introductions
9:30	Curfew/Lights Out @ 10:00 pm

DAY 2 – Saturday, July 18

8:15 – 8:45	Breakfast
9:00 – 9:30	Announcements/Demo/Warm-Up
9:30 – 12:00	Instructional Clinic/Drills
12:00 – 1:30	Break (Lunch: 12:00 – 12:30)
1:30 – 2:00	Announcements/Demo/Warm-Up
2:00 – 4:30	Positional Training Groups
4:30 – 6:00	Break (Dinner: 5:00 – 5:30)
6:00 – 8:30	Team Drills/Competition
9:30	Curfew/Lights Out @ 10:00 pm

DAY 3 – Sunday, July 19

8:15 – 8:45	Breakfast
9:00 – 9:30	Announcements/Demo/Warm-Up
9:30 – 11:30	Instructional Clinic/Drills
11:30 – 12:30	Break (Sack Lunch, South Lawn, 11:30 am)
12:30 – 2:30	Team Drills/Competition
2:30 – 3:00	Check-Out (Goller/Dillon Dorm)