

Team Camp Schedule 2009

DAY 1 – Wednesday, July 8

10:30 – 12:30	Check-In (Circular Drive Standard St., see Website for map)
1:30 – 2:00	Opening Meeting/ Staff Introduction
2:00 – 3:00	Instructional Clinic (Main Court, Martin Centre)
3:00 – 5:00	Team Practice
5:00 – 6:00	Dinner Break (Pizza Feed, South Lawn, 5:00 pm)
6:00 – 6:30	Meeting/Camp Rules (Main Court)
6:30 – 8:30	Competition/Jamboree
8:30 – 9:00	Meeting/Team Cheers (Main Court)
10:30	Curfew/LightsOut @ 11:00 pm

DAY 2 – Thursday, July 9

8:15 – 8:45	Breakfast
9:00 – 9:30	Announcements/ Demo (Main Court)
9:30 – 10:30	Positional Sessions 1-2
10:30 – 12:30	Team Practice
12:30 – 2:00	Break (Lunch: 12:30 – 1:00)
2:00 – 2:05	Announcements (Main Court)
2:05 – 2:30	Chalk Talk #1(Goal Setting)
2:30 – 2:45	Demo/ Group Warm-Up (Main Court)
2:45– 5:00	Team Practice
5:00– 5:30	Staff Demo Match
5:30 – 6:30	Break (Dinner: 5:45 – 6:15)
6:30 – 6:45	Team Prep/Warp-Up Competition
6:45 – 8:45	Team Competition/Tournament Play
8:45 – 9:15	Team Cheers
10:00	Curfew/LightsOut @ 11:00 pm

DAY 3 – Friday, July 10

8:15 – 8:45	Breakfast
9:00 – 9:30	Announcements/ Demo (Main Court)
9:30 – 10:30	Positional Sessions 3 - 4
10:30 – 12:30	Team Practice
12:30 – 2:00	Break (Lunch: 12:30 – 1:00)
2:00 – 2:05	Announcements (Main Court)
2:05 – 2:30	Chalk Talk #2(College Opportunities/Recruiting)
2:30 – 2:45	Demo/ Group Warm-Up (Main Court)
2:45– 5:00	Team Practice
5:00– 5:30	Strength and Conditioning
5:30 – 6:30	Break (Dinner: 5:45 – 6:15)
6:30 – 6:45	Team Prep/Warp-Up Competition
6:45 – 8:45	Team Competition/Tournament Play
8:45 – 9:15	Team Power Cheers
10:00	Curfew/LightsOut @ 11:00 pm

DAY 4 – Saturday, July 11

8:15 – 8:45	Breakfast
9:00 – 9:30	Meeting/Camp Evaluation
9:30 – 2:30	Tournament Play (Sack Lunch Break: approx. 12:00 pm)
2:30 – 2:45	Team Meetings
2:45 – 3:15	Camp Awards
3:15 – 4:00	Dorm Check-Out