



## Sample Schedule Morning

**6:45-7:55am**            Breakfast – Served in Dining Hall

**7:20am**                Early Bird Workout

\*Optional individual skill workout for players looking to take advantage of college level coaching.

**8:00am**                                **Attendance in Bollman Center**

**8:15-10:15am**            Stations

\*Mandatory Skill Development taught by our staff of college coaches.

**10:20am**                    Game Set 1a/Sweatshops

\*Each team will play in 1 HS regulation game during morning

\*Sweatshops - Optional individual skill workout

**11:20am**                    Game Set 2a/Sweatshops

\*Each team will play in 1 HS regulation game during morning

\*Sweatshops - Optional individual skill workout

**12:20pm**                    Game Set 3a/Sweatshops

\*Each team will play in 1 HS regulation game during morning

\*Sweatshops - Optional individual skill workout

**11:00-1:15pm**            Lunch – Served in Dining Hall

## Afternoon

**1:15pm**                                **Attendance in Bollman Center**

**1:30pm**                    Guest Speaker

**2:15pm**                    Game Set 1b/Video session

\*Each team will play in 1 HS regulation game during afternoon

\*Pt Guard School Film Session

**3:15pm**                    Game Set 2b/Video session

\*Each team will play in 1 HS regulation game during afternoon

\*Post Player School Film Session

**4:15pm**                    Game Set 3b/Video session

\*Each team will play in 1 HS regulation game during afternoon



- 4:30-6:00pm**      \*Wing Player School Film Session  
                         Pizza Order for nighttime pickup
- 5:00pm**                Sweatshop  
                         \*Sweatshops - Optional individual skill workout
- 4:00-6:00pm**        DINNER

### **Evening**

- 6:00pm**                        **Attendance in Bollman Center**
- 6:15pm**                        Game Set 1c/Shooting Camp  
                         \*Each team will play in 1 HS regulation game during evening  
                         \*Shooting Camp – Optional individual shooting instruction
- 7:15pm**                        Game Set 2c/Shooting Camp  
                         \*Each team will play in 1 HS regulation game during evening  
                         \*Shooting Camp – Optional individual shooting instruction
- 8:15pm**                        Game Set 3c/Shooting Camp  
                         \*Each team will play in 1 HS regulation game during evening  
                         \*Shooting Camp – Optional individual shooting instruction
- 9:30pm**                        **Attendance in Bollman Center**
- 9:45pm**                        Guest Speaker
- 10:15pm**                        Pizza Pick Up
- 10:45pm**                        All Campers in Dorms
- 11:00pm**                        Lights Outs