



“Fun & Fundamentals” Summer Camps Daily Itinerary

- 8:30am** Doors open and players are supervised from this time forward
- 8:35am** Players are welcome to get changed into their athletic attire and get ready for the day
- 8:40am** Players are encouraged to work on their skills learned from the previous day, especially areas of weakness, and warm-up for the day’s activities
- 9:00am** **SHARP!** - “Fun and Fundamentals” Camp officially begins (**Please be punctual**)
- 9:05am** Fun warm-up activity followed by dynamic stretching
- 9:20am** Skill work in respective age groups
- 10:00am** Hydration & Snack Break
- 10:10am** Players will participate in a fun competition individually and/or in teams
- 10:50am** Warm up to prepare for the upcoming league game
- 11:00am** League Game
- 12:00pm** Lunch
- 12:20pm** Players have an opportunity to participate in a fun lunchtime competition
- 1:00pm** Skill work in respective age groups
- 1:30pm** Hydration & Snack Break
- 1:40pm** Players will participate in a fun competition individually and/or in teams
- 2:10pm** Warm-up to prepare for the upcoming league game
- 2:20pm** League Game
- 3:20pm** Final Words, Tips, & Dismissal