



## Summer Camps 2023 Daily Itinerary

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

### **NOTES:**

1. All players must be picked up by **3:30pm SHARP!** Thank you for your co-operation.
2. All players need to bring their own "**nut-free**" lunch and snacks each day.
3. Bring a water bottle, refreshments such as water and/or Gatorade will be available on site for refilling during the day.