



All Day 5-Day “Fun & Fundamentals” Summer Camp 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 (<u>Please be punctual</u>)
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

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.