



Winter Camp Daily Itinerary

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| 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.