



### Daily Schedule

6:45	Wake Up
7:00 - 8:00	Breakfast
8:30	Report to Facilities
8:45 - 9:00	Morning meeting/ <u>Day Campers Arrive</u>
9:00 - 11:30	Skill work/fundamental training: [ Defensive/ Offensive Instructional drills]
12:00-1:00	Lunch <u>*Day campers lunch included</u>
1:30-4:00	Specialized work, competitive games, video taping.
4:00-5:00	POOL <u>*Day campers included</u>
5:15-6:15	Dinner
6:20	Report to Woodward Center
6:30-8:30	Competitive small sided games, classroom instruction, video reviews.
8:45	Report to Courtney Hall
9:45	Lights out

**\*Day Campers will arrive at 8:45. Lunch will be provided. Pick up time is 5:00 at WSC POOL, unless otherwise informed.**