





SPORTS CAMP ITINERARY


Sports Jersey Day  		WEEK 1
9:00AM - 9:45AM	CHECK-IN / WARM UP	
9:45AM - 10AM	TEAM NAME / FLAGS	
10AM - 11AM	SKILL DEVELOPMENT	
11:30AM - 12:30PM	LUNCH	
12:30PM - 1:30PM	DRILLS/PRACTICE	
1:30PM - 3PM	SCRIMAGE/SWIMMING DAY (TUES-THURS) / SPECIAL EVENT(FRIDAY)	
3PM - 3:30PM	SNACK / SPIRIT DAY AWARDS	
3:30PM - 4:45PM	CAMPER'S CHOICE	
4:45PM - 5PM	CHECK OUT	



Villain Day 		WEEK 2
9:00AM - 9:45AM	CHECK-IN / WARM UP	
9:45AM - 10AM	TEAM NAME / FLAGS	
10AM - 11AM	SKILL DEVELOPMENT	
11:30AM - 12:30PM	LUNCH	
12:30PM - 1:30PM	DRILLS/PRACTICE	
1:30PM - 3PM	SCRIMAGE/SWIMMING DAY (TUES-THURS) / SPECIAL EVENT(FRIDAY)	
3PM - 3:30PM	SNACK / SPIRIT DAY AWARDS	
3:30PM - 4:45PM	CAMPER'S CHOICE	
4:45PM - 5PM	CHECK OUT	


PAJAMA DAY! 		WEEK 3
9:00AM - 9:45AM	CHECK-IN / WARM UP	
9:45AM - 10AM	TEAM NAME / FLAGS	
10AM - 11AM	SKILL DEVELOPMENT	
11:30AM - 12:30PM	LUNCH	
12:30PM - 1:30PM	DRILLS/PRACTICE	
1:30PM - 3PM	SCRIMAGE/SWIMMING DAY (TUES-THURS) / SPECIAL EVENT(FRIDAY)	
3PM - 3:30PM	SNACK / SPIRIT DAY AWARDS	
3:30PM - 4:45PM	CAMPER'S CHOICE	
4:45PM - 5PM	CHECK OUT	


90's Day 		WEEK 4
9:00AM - 9:45AM	CHECK-IN / WARM UP	
9:45AM - 10AM	TEAM NAME / FLAGS	
10AM - 11AM	SKILL DEVELOPMENT	
11:30AM - 12:30PM	LUNCH	
12:30PM - 1:30PM	DRILLS/PRACTICE	
1:30PM - 3PM	SCRIMAGE/SWIMMING DAY (TUES-THURS) / SPECIAL EVENT(FRIDAY)	
3PM - 3:30PM	SNACK / SPIRIT DAY AWARDS	
3:30PM - 4:45PM	CAMPER'S CHOICE	
4:45PM - 5PM	CHECK OUT	

MIX'N' MATCH 		WEEK 5
9:00AM - 9:45AM	CHECK-IN / WARM UP	
9:45AM - 10AM	TEAM NAME / FLAGS	
10AM - 11AM	SKILL DEVELOPMENT	
11:30AM - 12:30PM	LUNCH	
12:30PM - 1:30PM	DRILLS/PRACTICE	
1:30PM - 3PM	SCRIMAGE/SWIMMING DAY (TUES-THURS) / SPECIAL EVENT(FRIDAY)	
3PM - 3:30PM	SNACK / SPIRIT DAY AWARDS	
3:30PM - 4:45PM	CAMPER'S CHOICE	
4:45PM - 5PM	CHECK OUT	

TWIN DAY 		WEEK 6
9:00AM - 9:45AM	CHECK-IN / WARM UP	
9:45AM - 10AM	TEAM NAME / FLAGS	
10AM - 11AM	SKILL DEVELOPMENT	
11:30AM - 12:30PM	LUNCH	
12:30PM - 1:30PM	DRILLS/PRACTICE	
1:30PM - 3PM	SCRIMAGE/SWIMMING DAY (TUES-THURS) / SPECIAL EVENT(FRIDAY)	
3PM - 3:30PM	SNACK / SPIRIT DAY AWARDS	
3:30PM - 4:45PM	CAMPER'S CHOICE	
4:45PM - 5PM	CHECK OUT	

Pokémon Day  		WEEK 7
9:00AM - 9:45AM	CHECK-IN / WARM UP	
9:45AM - 10AM	TEAM NAME / FLAGS	
10AM - 11AM	SKILL DEVELOPMENT	
11:30AM - 12:30PM	LUNCH	
12:30PM - 1:30PM	DRILLS/PRACTICE	
1:30PM - 3PM	SCRIMAGE/SWIMMING DAY (TUES-THURS) / SPECIAL EVENT(FRIDAY)	
3PM - 3:30PM	SNACK / SPIRIT DAY AWARDS	
3:30PM - 4:45PM	CAMPER'S CHOICE	
4:45PM - 5PM	CHECK OUT	

Tie Dye Day 		WEEK 8
9:00AM - 9:45AM	CHECK-IN / WARM UP	
9:45AM - 10AM	TEAM NAME / FLAGS	
10AM - 11AM	SKILL DEVELOPMENT	
11:30AM - 12:30PM	LUNCH	
12:30PM - 1:30PM	DRILLS/PRACTICE	
1:30PM - 3PM	SCRIMAGE/SWIMMING DAY (TUES-THURS) / SPECIAL EVENT(FRIDAY)	
3PM - 3:30PM	SNACK / SPIRIT DAY AWARDS	
3:30PM - 4:45PM	CAMPER'S CHOICE	
4:45PM - 5PM	CHECK OUT	

TEAM COLOR DAY  		WEEK 9
9:00AM - 9:45AM	CHECK-IN / WARM UP	
9:45AM - 10AM	TEAM NAME / FLAGS	
10AM - 11AM	SKILL DEVELOPMENT	
11:30AM - 12:30PM	LUNCH	
12:30PM - 1:30PM	DRILLS/PRACTICE	
1:30PM - 3PM	SCRIMAGE/SWIMMING DAY (TUES-THURS) / SPECIAL EVENT(FRIDAY)	
3PM - 3:30PM	SNACK / SPIRIT DAY AWARDS	
3:30PM - 4:45PM	CAMPER'S CHOICE	
4:45PM - 5PM	CHECK OUT	