



# Basketball Camp

## Overnight Program



	Sun July 20	Mon July 21	Tue July 22	Wed July 23	Thu July 24	Fri July 25	Sat July 26
7:45-8:45		Breakfast					Departure for International campers
9:00-12:00		Welcome & Camp Expectations	Group warm up	Group warm up	Group warm up	Group warm up	
			Small Sided Games	Guest Speaker <i>Mental Toughness for Athletes</i>	Team Tournament Day 2	Modified Scrimmage	
Station Work - Individual Skills		Shooting Games					
12:00-13:00		Lunch					
13:00-15:00	Arrival Time 14:00 - 16:00	Team Play Principles	Guest Coach Jason Scully <i>Individual skill focus</i>	Skills & Rules Recap	Guest Coach Jason Scully <i>Team concept focus</i>	Team Tournament Day 3	
		Full Court Games		Team Tournament Day 1			
		Strength & Conditioning					
15:00 - 16:00							
16:00 - 17:30	Overnight Camper Orientation <i>Followed by Dinner</i>	Open Gym Time					
17:30-18:30		Dinner					
18:30 - 20:00	On Campus Activity <i>Evening Activity</i>	On Campus Activity <i>Evening Activity</i>	Swiming <i>Evening Activity</i>	On Campus Activity <i>Evening Activity</i>	Bowling <i>Evening Activity</i>	On Campus Activity <i>(International campers only)</i>	
20:00-21:00							
21:00 - 21:30	Snack						
21:00-22:30	Free Time						
22:30	Lights Out						