



# Basketball Camp

## Summer 2026

### Overnight Program



	Sun July 19	Mon July 20	Tue July 21	Wed July 22	Thu July 23	Fri July 24	Sat July 24
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	Modified Scrimmage	
		Small Sided Games	Shooting Games	Guest Speaker <i>Mental Toughness for Athletes</i>	Team Tournament Day 2		
Station Work - Individual Skills							
12:00-13:00	Lunch						
13:00-15:00	Arrival Time 14:00 - 16:00	Team Play Principles	Guest Coach	Skills & Rules Recap	Guest Coach	Team Tournament Day 3	
		Full Court Games		Team Tournament Day 1			
15:00 - 16:00		Strength & Conditioning		Departure for Domestic campers			
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>	Swimming <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						