Preliminary Camp Program

Time/Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast + checkout
9:00-10:00		Practice: playing games, determining everybody's skill level	Mental Training Talk		Nutritional Talk	Mental Training Talk	End of Camp
10:00-11:00			Skills Development Group A, Quickness Drills Group B	Ballhandling and Shooting Practice	Skills Development Group A, StrengthTraining Group B	Skills Development Group A, Quickness Drills Group B	
11:00-12:00		Talk about Recovery	Skills Development Group B, Quickness Drills Group A		Skills Development Group B, Strength Training Group A	Skills Development Group B, Quickness Drills Group A	
12:00-13:00		Shower, Lunch	Shower, Lunch	Shower, Lunch	Shower, Lunch	Shower, Lunch	
13:00-14:00		Break	Break		Break	Break	
14:00-15:00				Freetime activities - if there is a nice weather, it will be pool day			
15:00-16:00	Arrival Time 15:00- 17:30	Skills Development Group A, StrengthTraining Group B Skills Development	Games		Games	Tournament	
16:00-17:00		Group B, Strength Training Group A					
17:00-18:00	Welcome Speech	Break	Break		Break	Break	
18:00-19:00							
19:00-20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:00-21:00	Games to get to know each other, Questions to Pro Players	Talk about prof. basketball life and what options somebody has with basketball	Watch Olympia Basketball Games	Fun Game Tournament	Games	Fun Night, Little Party	
21:00-22:00							
22:00-23:00	Lights out at 22:00	Lights out at 22:00	Lights out at 22:00	Lights out at 22:00	Lights out at 22:00	Lights out at 23:00	