



OVERNIGHT CAMP SCHEDULE 2019



Sunday		Monday		Tuesday		Wednesday		Thursday	
Times	Event	Times	Event	Times	Event	Times	Event	Times	Event
6:45-7:30	X	6:45-7:30	Advanced	6:45-7:30	Advanced	6:45-7:30	Advanced	7:00	Wake up
7:30	X	7:30	Wake Up	7:30	Wake Up	7:30	Wake Up	7:15	Room Checks
7:45-8:15	X	7:30-8:00	Breakfast	7:30-8:00	Breakfast	7:30-8:00	Breakfast	7:30-8:00	Breakfast
8:30	X	8:30	Head to field & SESSION 2	8:30	Head to field & SESSION 3	8:30	Head to Fields	8:25	Head to Fields
9:15-9:30	X	8:45-9:00 9:00-9:20	Staff Demo Warm-up	8:45-9:00 9:00-9:20	Staff Demo Warm-up	8:45-9:00	Warm-up Qualify Moves	8:45-10:30	11 V 11 Finals
9:30-10:00	X	9:25-10:15	Technical Training	9:25-10:15	Technical Training	9:00-10:00	Competition Morning!	10:35	Best Moves & Closing Ceremony
10:00	X	10:15-11:00	Tactical Training	10:15-11:00	Tactical Training	10:00-11:00	Competition Morning!	11:00	Good bye & Turn in keys
11:00	X	11:05-11:45	Lunch	11:05-11:45	Lunch	11:05-11:45	Lunch	11:30	Staff Clean Up
		12:00-1:00	Rest, Swim	12:00-1:00	Rest, Swim	12:00-1:00	Pack & Clean		
1:00-2:00	Registration	1:10	Head to fields	1:10	Head to Fields	1:10	Head to Fields		
2:30	Meet outside Campus Center	1:15-1:30	Warm-up	1:15-1:30	Warm-up	1:15-1:30	Warm-up		
2:30-2:50	Welcome & Introductions	1:30-4:15	League Game 11 V 11	1:30-4:15	League Game 11 V 11	1:30-3:45	Play-offs 11 V 11		
3-4:15	Placement Games	1:30-4:15	11V11 Games	1:30-4:15	11V11 Games	3:45- 5:00	DSA UNITED vs Local HS		
4:15-5:00	REST	4:15-4:45	REST	4:15-4:45	REST	4:15-4:45	Clean + Pack		
5:00	Meet with coaches for dinner	4:55	Meet with coaches for dinner	4:55	Meet with coaches for dinner	4:55	Meet with coaches for dinner		
5:00-5:30	Dinner	5:00-5:30	Dinner	5:00-5:30	Dinner	5:00-5:30	Dinner		
5:50	Head to field & SESSION 1	6:00-7:30	World Cup 6V6 Games	6:00-7:30	World Cup 6V6 Games	5:30-6:00	Prepare for Worldcup		
6:00-6:10 6:10-6:25 6:30-7:30	Staff Demo Warm-up Session I	8:30-9:30	Gentile Hall, Pool, Rock Wall	8:30-9:15	Yuri's Inspirational Talk	6:00-6:30 6:30-7:45	Doctor Doctor WORLD CUP FINALS!!!		
8:15-9:15	Dorm Talk					8:30-9:30	Closing Ceremony		
9:30	In Rooms (Y)	9:30	In Rooms (Y)	9:30	In Rooms (Y)	9:30	In Rooms (Y)		
10:00	In Rooms (O)	10:00	In Rooms (O)	10:00	In Rooms (O)	10:00	Pack Up		
10:25	Light's Out	10:25	Light's Out	10:25	Light's Out	10:25	Light's Out		