

2009 Camp Schedule, June 14 – 18, 2009 *(subject to change)*

Sunday

Check-In	1:00-4:00pm	Field House
Orientation/Rules	4:00-4:30pm	Gym
Dinner	4:30-6:00pm	Hillcrest
Coaches Meeting	5:45-6:00pm	Gym
Testing/Evaluation	6:00-6:15pm	Warm up/Gym

6-20 min rotations. Evaluations should be completed by 8:15pm

Monday \ Tuesday

Breakfast	6:15-8:15am	Hillcrest
Warm-up	9:00-9:15am	Gym
Rotation I	9:15-10:00am	Gym
Rotation II	10:00-10:45am	Gym
Rotation III	10:45-11:30am	Gym
Lunch	11:15-12:35pm	Hillcrest
Warm-up	1:30-1:45pm	Gym
Rotation IV	1:45-2:30pm	Gym
Rotation V	2:30-3:15pm	Gym
Rotation VI	3:15-4:00pm	Gym
Rap Session	4:00-4:15pm	Gym
Dinner	4:30-6:00pm	Hillcrest
Warm-up	7:00-7:15pm	Gym
Open Gym(Optional)	7:15-8:15pm	Gym
Cool Down	8:15-8:30pm	Gym

Wednesday

Breakfast	6:15-8:15am	Hillcrest
Hillcrest, outside to get in vans	9:30 am	Hillcrest
Leave for Wasserbahn	9:45am	Hillcrest
Arrive at Wasserbahn	10:15am	Amana
Lunch/check in	12:00-12:45pm	Amana
Leave Wasserbahn	3:00pm	Amana
Arrive back at Hillcrest	3:30pm	Hillcrest
Hillcrest , free time	3:30-4:30pm	Hillcrest
Dinner	4:30-6:00 pm	Hillcrest
Open Gym, Fieldhouse	7:00-8:30pm	Rap Session

Thursday

Breakfast	6:15-8:15am	Hillcrest
Warm-up	9:00-9:15am	Gym
Rotation I	9:15-9:35am	Gym
Rotation II	9:35-10:15am	Gym
Rotation III	10:15-10:35am	Gym
Group Dances	11:00 – 11:30 am	