

Competition Level Camp Schedule

08:00 am - 09:00 am	Early Drop Off (Extra Cost*)
09:00 am - 09:10 am	Warm Up
09:10 am - 10:30 am	Basics Training
10:30 am - 10:40 am	Break
10:40 am - 11:30 am	Competition
11:30 am - 11:45 am	Serve Training
11:45 am - 12:00 pm	Physical Training
12:00 pm - 01:30 pm	<i>Lunch & Recess</i>
01:30 pm - 02:30 pm	Video Analysis
02:30 pm - 03:30 pm	Basics Training
03:30 pm - 04:30 pm	Competition & Physical Training
04:30 pm - 06:30 pm	Free Extended Care