









CAMP 12
Daily Schedule
and Practice Plan

On Field Activity
Off Field Activity/Breaks
"D1 in Life" Speaker Series

Time	Tuesday 8/5	Wednesday 8/6	Thursday 8/7	Friday 8/8	Time		
7:00		Breakfast (Overnight Campers Only)	Breakfast (Overnight Campers Only)	Breakfast (Overnight Campers Only)	7:00		
7:15					7:15		
7:30					7:30		
7:45					7:45		
8:00			Coaches Roll Call/Setup	Coaches Roll Call/Setup	Coaches Roll Call/Setup	8:00	
8:15			Morning Welcome & Warm Up	Morning Welcome & Warm Up	Morning Welcome & Warm Up	8:15	
8:30						8:30	
8:45					Bombers	8:45	
9:00			Skills & Drills	Skills & Drills	Skills & Drills	9:00	
9:15							
9:30							9:30
9:45							9:45
10:00						Training	10:00
10:15					10:15		
10:30			Break		10:30		
10:45				 StringKing Shooting & Celebration Competition	10:45		
11:00	Coaches Launch Meeting	Trashcan Lacrosse Playoffs	Team Lacrosse Olympics	Closing Ceremonies	11:00		
11:15					11:15		
11:30					11:30		
11:45					11:45		
12:00	Welcome/Camp Check-In	Lunch	Lunch	Checkout	12:00		
12:15					12:15		
12:30					12:30		
12:45					12:45		
1:00	Skills & Drills	Camp Dodgeball	Team Lacrosse Olympics	CAMP 12 PARTNERS	1:00		
1:15					1:15		
1:30						1:30	
1:45						1:45	
2:00			Break	Break		2:00	
2:15					2:15		
2:30					2:30		
2:45					2:45		
3:00	Trashcan Lacrosse Tourney	Training	Training		3:00		
3:15					3:15		
3:30					3:30		
3:45					3:45		
4:00	Break				4:00		
4:15					4:15		
4:30		Break	Break		4:30		
4:45					4:45		
5:00	Training	<i>USN Seals - SWCC "Mental Toughness"</i>	<i>Special Event TBA</i>		5:00		
5:15					5:15		
5:30					5:30		
5:45					5:45		
6:00		Dinner	Dinner		6:00		
6:15					6:15		
6:30					6:30		
6:45					6:45		
7:00	Dinner				7:00		
7:15					7:15		
7:30					7:30		
7:45					7:45		
8:00	<i>Mike "Papi" Wein Brady's Bunch Founder "Handling Adversity"</i>	Chumash Tourney	Chumash Tourney		8:00		
8:15					8:15		
8:30					8:30		
8:45		Breakdown*	Breakdown*		8:45		
9:00	Breakdown*				9:00		
9:15					9:15		
9:30	Free Time	Free Time	Free Time		9:30		
9:45					9:45		
10:00					10:00		
10:15	Room Check/Lights Out	Room Check/Lights Out	Room Check/Lights Out		10:15		
10:30					10:30		

*Day Campers will depart after Breakdown each day.

V2 (7/14/14)

Schedule subject to change.