







CAMP 12
Daily Schedule
and Practice Plan

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

Time	7/25	7/26	7/27	7/28	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							9:15		
9:30						9:30			
9:45						9:45			
10:00				Training	10:00				
10:15					10:15				
10:30					10:30				
10:45			Break	 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				CAMP 12 PARTNERS	1:00				
1:15	Skills & Drills	Camp Dodgeball	Team Lacrosse Olympics	     	1:15				
1:30							1:30		
1:45							1:45		
2:00					2:00				
2:15			Break		Break	2:15			
2:30						2:30			
2:45	Trashcan Lacrosse Tourney	Training	Training		2:45				
3:00							3:00		
3:15							3:15		
3:30							3:30		
3:45				3:45					
4:00	Break	Break	Break		4:00				
4:15							4:15		
4:30	Training	Break	Break		4:30				
4:45							4:45		
5:00		<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	Dinner		6:00				
6:15							6:15		
6:30							6:30		
6:45							6:45		
7:00	Chumash Tourney	Chumash Tourney			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>	Breakdown*	Breakdown*		8:00
8:15									
8:30			8:30						
8:45			8:45						
9:00	Free Time	Free Time	Free Time		9:00				
9:15							9:15		
9:30							9:30		
9:45							9:45		
10:00	Room Check/Lights Out	Room Check/Lights Out	Room Check/Lights Out		10:00				
10:15							10:15		
10:30							10:30		

Schedule subject to change.

*Day Campers will depart after Breakdown each day.