

SEASON PREP GYM

camp

SCHEDULE

OCTOBER 19-21

THURSDAY, OCTOBER 19

4:00-4:30 CAMPER CHECK-IN
4:30-5:00 CAMP WARM-UP
5:00-8:00 CAMP ROTATIONS

FRIDAY, OCTOBER 20

8:30-9:00 CAMP WARM-UP
9:00-12:00 MORNING ROTATIONS
12:00-12:45 LUNCH
12:45-1:15 AFTERNOON WARM-UP
1:15-4:00 AFTERNOON ROTATIONS

SATURDAY, OCTOBER 21

8:30-9:00 CAMP WARM-UP
9:00-12:00 MORNING ROTATIONS
12:00-12:45 LUNCH
12:45-1:15 AFTERNOON WARM-UP
1:15-2:30 AFTERNOON ROTATIONS
2:30-3:00 CAMP AWARDS & WRAP UP

See You There!

