

MARK VANDERSLICE ELITE CAMP

General Itinerary

** This is a rough draft of the itinerary and will change from day to day at camp.

** There will be water and snack breaks periodically throughout the day.

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| 8:30am | Parents/guardians may drop off campers at the Convocation Center |
| 9:00am | Roll Call / Team Lines |
| 9:15am | Stretch / Warm-up Protocol |
| 10:00am | Games, Stations, Drills, or Teaching Segment |
| 11:00am | Games, Stations, Drills, or Teaching Segment |
| 12:00pm | Character Building |
| 12:30pm | Lunch |
| 1:30pm | Pool / Games and Prizes |
| 2:30pm | Games, Stations, Drills, or Teaching Segment |
| 3:30pm | Let's Make a Deal! (Games and Prizes) |
| 4:00pm | Camp ends |