

Camp Schedule

<i>10:30-11:00</i>	<i>Warm ups/Drills</i>
<i>11:00-11:15</i>	<i>1st rotation</i>
<i>11:15-11:30</i>	<i>2nd rotation</i>
<i>11:30-11:45</i>	<i>Break</i>
<i>11:45-12:00</i>	<i>3rd rotation</i>
<i>12:00-12:15</i>	<i>4th rotation</i>
<i>12:15-12:30</i>	<i>Tumble Trak/Conditioning</i>