

# Commuter/Overnight Camp Itinerary

## Sunday

12:00-2:00	Registration
2:00-3:00	Assemble in the MAC/Coaches meet with teams/Stretching
3:00-4:30	Games (Rotating Schedule)
4:30-5:30	Dinner
5:30-5:45	Assemble in the MAC
5:45-6:30	Speaker - Gina Castelli
6:30-8:30	Games
7:30	Commuters sign out
8:30	Assemble in the MAC/Announcements
9:15	Fire Drill
11:00	Lights Out

## Monday – Wednesday

8:00	Wake-Up
8:30-9:00	Breakfast/Commuters sign in (MAC lobby)
9:15-9:30	Assemble in the MAC / Dynamic Stretching
9:30-10:30	Stations
10:30-11:30	Games
10:30-11:30	Team Practice
11:30-12:30	Competition
12:30-1:15	Lunch
1:15-1:30	Assemble in the MAC
1:30-2:30	Games
1:30-2:30	Practice/ Guest Speaker
2:30-3:30	Games
3:30pm	Competition
4:30	Contests / Commuters sign out
4:30-5:45	Dinner
6:15-6:30	Assemble in the MAC
6:30-8:30	Games
8:30	Return to dorms
11:00	Lights Out

## Thursday

8:00	Wake-Up
8:15-8:40	Breakfast - Commuters sign in (MAC lobby)
9:00-9:15	Assemble in the MAC- (Discuss Contest Finals and Brackets) / Stretching
9:15-10:00	Contest Finals
10:00-12:00	Final Games *Every Team will play depending on playoffs
11:00-12:00	Finals
12:00-12:30	Awards
12:30pm	Picnic / Check-out