

# DAILY SCHEDULE

## SUSA SUMMER CAMP

8:45–9:00 AM	CAMPER DROP-OFF WINDOW
9:00 AM	CAMP BEGINS
9:00–9:30 AM	WARM-UP ACTIVITIES
9:30–10:15 AM	TECHNICAL DRILLS
10:15–10:30 AM	BREAK (LIGHT-SNACK)
10:30–11:15 AM	COMPETITION OF THE DAY
11:15 – 12:00 PM	SMALL-SIDED GAMES
12:00 PM	HALF-DAY CAMPER PICKUP
12:00–12:45 PM	LUNCH
12:45–1:30 PM	POSITION SPECIFIC DRILLS
1:30–2:00 PM	TEAM BUILDING ACTIVITY
2:00–2:50 PM	SCRIMMAGES
2:50–3:00 PM	DEBRIEF / COOL DOWN
3:00 PM	FULL-DAY CAMPER PICK UP

*\*SCHEDULE SUBJECT TO CHANGE\**