

# SPORTS CAMP // SCHEDULE

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## WEDNESDAY - FRIDAY

		Location
7:45am	Leader Check-in	Assigned Location
8:00am	Check-In Begins	
8:30am	Warm-Up	Team Location
8:40am	Devo (Pastor Led)	Team Location
8:55am	Rotate to 1 <sup>st</sup> Rotation	
9:05am	1 <sup>st</sup> Rotation	
9:55am	Rotate to 2 <sup>nd</sup> Rotation	
10:05am	2 <sup>nd</sup> Rotation	
10:55am	Rotate to 3 <sup>rd</sup> Rotation	
11:05am	3 <sup>rd</sup> Rotation	
11:55am	Head Back to Team Location	
12:05pm	Snack	
12:15pm	Daily Award Ceremony	

## MLB ROTATION SCHEDULE

8:55am	Rotate to 1 <sup>st</sup> Rotation (Basketball - Basketball Court)
9:05am	1 <sup>st</sup> Rotation (Basketball)
9:55am	Rotate to 2 <sup>nd</sup> Rotation (Football - Plaza or Cheer - 23)
10:05am	2 <sup>nd</sup> Rotation (Football or Cheer)
10:55am	Rotate to 3 <sup>rd</sup> Rotation (Soccer - 45) / Pick Up Popsicles (Edge)
11:05am	3 <sup>rd</sup> Rotation (Soccer)

## NFL ROTATION SCHEDULE

8:55am	Rotate to 1 <sup>st</sup> Rotation (Football - Plaza or Cheer - 23)
9:05am	1 <sup>st</sup> Rotation (Football or Cheer)
9:55am	Rotate to 2 <sup>nd</sup> Rotation (Soccer - 45)
10:05am	2 <sup>nd</sup> Rotation (Soccer)
10:55am	Pick Up Popsicles (45) / Rotate to 3 <sup>rd</sup> Rotation (Basketball)
11:05am	3 <sup>rd</sup> Rotation (Basketball)

## NBA ROTATION SCHEDULE

8:55am	Rotate to 1 <sup>st</sup> Rotation (Soccer - 45)
9:05am	1 <sup>st</sup> Rotation (Soccer)
9:55am	Rotate to 2 <sup>nd</sup> Rotation (Basketball - Basketball Court)
10:05am	2 <sup>nd</sup> Rotation (Basketball)
10:55am	Rotate to 3 <sup>rd</sup> Rotation (Football - Plaza or Cheer - 23) / Pick Up Popsicles (K1)
11:05am	3 <sup>rd</sup> Rotation (Football or Cheer)