

Next Level Basketball Camp Schedule

Sunday, July 5, 2009

| Time | Activity | Site |
|-------------|---|---|
| 12:00 | Registration | Gym Lobby |
| 2:30 | Everyone down to gym; get balls put away, seated in bleachers | gym |
| 2:45pm | Welcome | gym |
| 3:00 | Get everyone in teams, coaches take attendance | gym |
| 3:30pm | Division 1 games (10 min mini-games) WNBA- Footwork Lecture with Coach McBride Division 3-meet, optional tour, practice | Gym 1-3, FH1-3 Ice Rink FH 4-6 |
| 4:15pm | WNBA- mini-games Division 3-games D1- meet, practice (tour optional) | Gym1-2 Gym 3, Fh1-5 Ice Rink, FH6 |
| 4:45pm | WNBA- dinner | Dana |
| 4:55pm | D1 dinner | Dana |
| 5:05pm | D3 dinner | Dana |
| 6:15pm | Attendance | gym |
| 6:30pm | D1 games- D3 Footwork Lecture with Coach McBride WNBA- team practice | Gym1-3, FH1-3 IR FH 4-6 |
| 7:10pm | WNBA-games Division 3-games D1- Footwork lecture with Coach McBride | FH1,2 Gym1-3, FH3-5 IR |
| 7:50pm | Olympics- make teams | Gym |
| 8:15pm | Olympics- | Field House |
| 9:00pm | Campers dismissed to dorms | |
| 10:00pm | In own room | |
| 10:30pm | Lights out! | |

Monday, July 5, 2009

| Time | Activity | Site |
|-------------|--|--------------------------------------|
| 7:30am | Wake up call | |
| 8:30am | Early Bird Ball Handling (optional) Gun Workouts (optional) | Gym |
| 8:45am | Attendance and announcements | Gym |
| 9:00am | WNBA - Defensive Stations-6 stations; 8min each D3 - Defensive Stations-6 stations; 8min each D1 east - Defensive Stations-6 stations; 8min each D1 West - Defensive Stations-6 stations; 8min each | Ice Rink FH Outside/FH Gym |
| 10:00 | 3 on 3 mini-lecture- given by commissioners D3 D1 WNBA-Games | Ice Rink FH Gym 1-2 |
| 10:20am | Break up teams into 3 on 3 groups | |
| 10:30am | 3 on 3 games D3 D1 | IR, Gym 3 FH |
| 11:15am | Lunch-WNBA | |
| 11:20am | D 3 lunch | |
| 11:30am | D1 lunch | |
| 12:30pm | Optional guard workout with Coach McBride -Advanced only | Gym |
| 12:45pm | Attendance | |
| 1:00pm | Offensive Stations-D1 D3-games WNBA- 3on3 | IR/Out Gym1-3,FH1-3 Gym FH 5-6 |
| 2:00pm | D1-Games WNBA- offensive stations D3-offensive stations | Gym, IR, FH1-2 outside FH 3-6 |
| 3:00pm | Talk about free throws- take with team | Same |
| 3:20pm | More rounds of 3 on 3, come up with semi-finalists for Thur D1 D3 WNBA-team practice | Gym,IR FH Outside |
| 4:00pm | Team practices D1- D3- WNBA-games | FH/IR Gym3/outside Gym1-2 |
| 4:15pm | WNBA –dismissed for dinner | |
| 4:25pm | D1 dinner | |
| 4:35pm | D3 dinner | |
| 5:15pm | Optional pool time | Pool |
| 6:00pm | Attendance | Gym |
| 6:15pm | Hotshot demo | Gym |
| 6:30pm | D1- games | FH |
| | WNBA-hotshot | IR |

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| | D3-hot shot | Gym |
| 7:15 | WNBA-2 on 2 D3-games D1- hotshot | IR FH Gym |
| 8:00pm | Olympics | FH |
| 9:00pm | Campers dismissed to dorms | |
| 10:00pm | In own room | |
| 10:30pm | Lights out | |

Tuesday, July 7, 2009

| Time | Activity | Site |
|-------------|--|-------------------------------------|
| 7:30am | Wake up call | |
| 8:30am | Early Bird Ball Handling (optional) Gun Workouts (optional) | Gym |
| 8:45am | Attendance and announcements | Gym |
| 9:10am | WNBA-defensive stations D3-defensive stations D1-games | IR FH4-6, outside Gym, FH1-3 |
| 10:00am | D1-defensive stations D3-games WNBA- one on one demo then competition | FH4-6, outside Gym, FH1-3 IR |
| 10:50am | One on one games-demonstration and then competition D1 D3 WNBA-Games | FH IR, Gym3 Gym 1-2 |
| 11:20 | D1-lunch | |
| 11:30 | D3-lunch | |
| 11:35 | WNBA-lunch | |
| 12:30pm | Optional post work with Coach McBride- advanced only | Gym |
| 12:45pm | attendance | Gym |
| 1:00pm | Offensive stations- D3 WNBA- Scavenger hunt D1 Games | FH 3-6 or IR Gym, FH1 |
| 1:50pm | Offensive stations-D1 WNBA bball competitions, shipwreck D3 Games | FH 2-6 Gym 2-3 Gym1, IR, FH 1 |
| 2:40pm | Div 3- lecture- setting and reading screens D1-bball competitions WNBA- offensive stations | Gym FH IR |
| 3:40pm | Olympics- Ultimate challenge | FH/gym |
| 4:30pm | Dinner | |
| 5:50pm | Attendance | Gym |
| 6:00pm | Olympics- money baskets | Gym/FH |
| 6:30pm | D1 – Games D3 – College lecture WNBA-Games | Gym, IR, FH 3-4 outside FH1-2 |
| 7:30 pm | D1 – College lecture D3 – Games WNBA - pool | Outside Gym, IR, FH 3-4 |
| 8:30pm | D1/D3 – Pool time or Individual Workout Lecture WNBA – pool or individual workout lecture | Gym |
| 9:00pm | Campers dismissed to dorms T-shirts distributed | |
| 10:00pm | In your own your room | |
| 10:30pm | Lights out | |

Wednesday, July 8, 2009

| Time | Activity | Site |
|-------------|---|--------------------------------------|
| 7:30am | Wake up call | |
| 8:30am | Early Bird Ball Handling (optional) Gun Workout (optional) | Gym |
| 8:45am | Attendance and announcements | Gym |
| 9:00am | WNBA-defensive stations D3-defensive stations D1-games | IR FH 4-6, Outside Gym, FH 1-3 |
| 9:50am | D1-defensive stations D3-games WNBA- "Special Activity" | FH 4-6, IR Gym, FH 1-3 Outside |
| 10:30am | D3 Guest S&C lecture- Dan Nichol WNBA/D1 – End of game situations | Gym IR/FH |
| 11:30am | WNBA/D1- S&C lecture, Dan Nichol D3 – End of game situations | Gym FH |
| 12:30pm | Lunch | |
| 1:45pm | Attendance | Gym |
| 2:00 pm | Olympics | Gym/FH |
| 2:30pm | D1 –Games D3- Team Drills/Full-court drills/competitions WNBA- offensive stations | Gym, FH 1-2 FH 3-6, outside IR |
| 3:30pm | D3 offensive stations WNBA- Games D1-Team Drills/full court drills/competitions | Outside IR, Gym 1 FH |
| 4:30pm | Dinner | |
| 5:45pm | Attendance | Gym |
| 6:00pm | I Keep it Local Streetballers | Gym |
| 8:00 pm | D3 – games D1 – offensive stations WNBA – 2-on-2 drills/Shooting | Gym, FH 1-2 FH 3-6 IR |
| 9:00pm | Campers dismissed to dorms | |
| 10:15pm | Campers in own room | |
| 10:45pm | Lights out! | |

Thursday, July9, 2009

| Time | Activity | Site |
|-------------|--|------------------------------------|
| 7:30am | Wake up call | |
| 8:30am | Early Bird Ball Handling (optional) Gun Workouts (optional) | Gym |
| 8:45am | Attendance and announcements | Gym |
| 9:10am | WNBA- 1 on 1, hot shot finals-(top two in division), 3 on 3 finals D3- 1on1, hot shot finals, 3 on 3 finals D1-semi finals/consolation games | IR FH Gym, FH1-3 |
| 10:00am | D1- 1on1, hot shot finals, 3 on 3 finals D3-semi-finals/consolation games WNBA-additional competitions | FH 4-6, IR Gym 2-3/FH 1-3 |
| 10:50am | WNBA semi-finals/consolation | IR, FH1 |
| 11:00am | D3/D1 Competitions | Gym |
| 11:35am | Counselor Knockout | Gym |
| 12:00pm | Pizza Party | Gym |
| 12:45pm | Attendance | Gym |
| 1:00pm | League Championship Games D1-East D1-West WNBA D3 | Ice Rink Gym2 Gym 1 Gym 3 |
| 2:00pm | Awards Presentation | Gym |
| 2:45pm | Final Meeting With Coach | Gym |
| 3:00pm | Depart camp-check out | |