

2025 Schedule



Friday, August 8

- 1:30-4pm- Registration/Check In/Gear Pick Up and Photos
- 4:15pm- Intros, Welcome, Group Picture
- 4:30pm-7:30pm- SESSION I
 - 4:30pm- Stretching/Dynamic Warm Up
 - 4:45pm- Full Court Scoring Drills
 - 5:10pm- Advantage Scoring v. Disadvantage Def.
 - 5:35pm- Water
- 5:40pm- Teach and Demo FIBA 3X Rules
- 6:00pm- FIBA 3X Practice Games
- 6:30pm- Start FIBA 3X Pool Play
- 7:20pm- Stretch, Meet, Dismiss

Saturday, August 9

- 8:45am- Gym Opens
 - 9:00am-12:00pm- SESSION II
 - 9:00am- Good Morning/Dynamic Warm Up and Stretching
 - 9:15- Shooting Drills at Baskets
 - 9:35am- FIBA 3X Pool Play Resumes
 - 10:30am- FIBA 3X Bracket Play and Championships
 - 11:30am- Guest Speaker - Aisha Foy – Major NIL Success
 - 11:50am- Stretch, Meet, Dismiss for Lunch
- 2:15pm- Gym Re-opens
- 2:30pm-6:30pm- SESSION III
 - 2:30pm- Gather, Stretching/Dynamic Warm Up
 - 2:45pm- College Practice Team Drills
 - 3:45pm- Water
 - 3:50pm- Positional Breakdown Skill Work- PG's, Off Guards, Wings, 4s and 5s
 - 4:25pm- Water
 - 4:30pm- Teach 5x5 Rules, Split Teams
 - 4:40pm- Start 5x5 Pool Play
 - 6:15pm- Guest Speaker- BS 30 Alum panel
 - 6:30pm- Dismiss

Sunday, August 10

- 8:15am- Gym Opens
- 8:30am-11:30am- Session IV
 - 8:30am- Good Morning/Dynamic Warm Up and Stretching
 - 8:45am- Station Rotation Skill Work (4x15 min)
 - 9:45am- Water Break
 - 9:50am- 3pt Competition
 - 10:15am- 1 on 1 Competition
 - 10:35am- Resume 5x5 Pool Play
 - 11:10am- Guest Speaker- Chris Mennig
 - 11:30am- Dismiss for Break
- 12:30pm-2:30pm- SESSION V
 - 12:30- Dynamic Warm Up and Stretching
 - 12:40pm- 5x5 Bracket Play
 - 2:10pm- Closing Remarks/Thank You/Closing Pictures
 - 2:30pm- Camp Ends

