

2025 Schedule



Friday, August 8

1:30-4pm- Registration/Check In/Gear Pick Up and Photos

- 4:30pm- Intros, Welcome, Group Picture
- 4:45pm-7:30pm- SESSION I
 - 4:45pm- Stretching/Dynamic Warm Up
 - 4:55pm- Ball Handling (Full Court)
 - 5:15pm- Layup Stations (Half & Full Court)
 - 5:30pm- Transition Drills
 - 5:50pm- Water
 - 6:00pm- Shooting Stations (Penetrate Pitch)
 - 6:15pm- 1 on 1 play (from Wing/Change Sides)
 - 6:35pm- 5 on 5 Jamboree to build teams
 - 7:30pm- 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- Offensive Skill Work (Ballhandling / Passing / Layups)
 - 10:00 - Water
 - 10:10am- Shooting Lecture / Stations
 - 10:40am- 3 on 3 session
 - 11:05am – Water
 - 11:10am – 5 on 5 (put on teams)
 - 11:20 - 5 on 5 session
 - 11:55am- Stretch, Meet, Dismiss for Lunch
- 2:15pm- Gym Re-opens
- 2:30pm-6:30pm- SESSION III
 - 2:30 - Gather, Stretching/Dynamic Warm Up
 - 2:40pm – Transition Work
 - 3:00pm – 3 on 3 Session
 - 3:40pm - Water
 - 3:50pm – 5 on 5 session
 - 4:30pm - Guest Speaker – Aisha Foy – Major NIL Success
 - 5:00pm – Post Workout Stations
 - 5:25pm- Water
 - 5:35pm- Guard Session (Getting Open) / Post Session (Post Moves/Seal/SwimMove)
 - 5:55pm- 1 on 1 Sessions (Guards – Top of Key / Posts – Block)
 - 6:25pm- Stretch, Meet, Dismiss for Lunch



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2025 Schedule (Part II)



Sunday, August 10

- 8:15am- Gym Opens
- 8:30am-11:30am- Session IV
 - 8:30am- Good Morning/Dynamic Warm Up and Stretching
 - 8:45am- Offensive Warmup / Shooting
 - 9:00am – 3 v 3 games
 - 9:40am- Water
 - 9:50am – 5 on 5 games
 - 10:30am – Water
 - 10:40am – Odd man break discussion / drill
 - 10:55am – Transition build up drill
 - 11:10am – 1 on 1 Session
 - 11:30am- Dismiss for Break
- 12:30pm-2:30pm- SESSION V
 - 12:30- Dynamic Warm Up and Stretching
 - 12:35pm- 3 on 3 Championships
 - 1:00pm – Shooting Contest
 - 1:15pm – 5 on 5 Championships
 - 2:00pm – Closing Remarks / – Guest Speaker (Chris Mennig)
 - 2:30pm- Camp Ends



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