

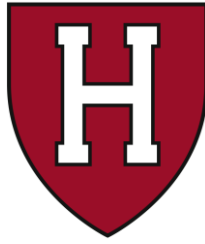


CRIMSON ELITE WEEKEND

- Sample Itinerary-

SUNDAY

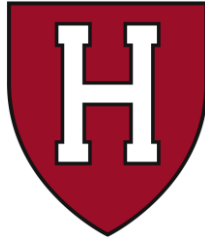
<u>Time</u>	<u>Activity</u>
12:00 – 1:30	Registration
2:00 – 2:30	Welcome & Orientation
2:30 – 3:00	Warm Up & Demonstrations
3:00 – 3:30	Team Announcements, Meetings & Practice
3:30 – 4:00	Games/Instructional Stations
4:00 – 4:30	Rotate activities at site
4:30 – 5:00	Games/Instructional Stations
5:00 – 5:30	Rotate activities at site
5:30 – 6:45	Dinner
6:45 – 7:00	3v3 Demo
7:00 – 7:30	3v3 Tournament
7:30 – 8:15	Team Practice
8:15 – 8:30	Camp Shooting Competition
8:30-9:00	Team Wrap Up/Day Campers Depart
11:00	Room Check/Lights Out



CRIMSON ELITE WEEKEND

MONDAY

8:00 – 9:00	Breakfast
9:00 – 9:30	Open Gym – Coaches Available
9:30 – 9:45	Attendance – Warm Up/Stretch - Shooting Comp Demos
9:45 – 10:15	3v3 Tournament
10:15 – 10:45	Games/Shooting Station/Seminar
10:45 – 11:15	Rotate Activities at site
11:15 – 11:45	Rotate Activities at site
11:45 – 12:15	Rotate Activities at site
12:15 – 1:15	Lunch
1:15 – 1:30	Attendance – Warm Up & Stretching - Fast Break Groups
1:30 – 2:00	Continuous Fast Break Game
2:15 – 2:45	Games/Skill Work/Strength & Conditioning Seminar
2:45 – 3:30	Rotate Activities at site
3:15 – 4:00	Rotate Activities at site
4:00 – 4:45	Rotate Activities at site



CRIMSON ELITE WEEKEND

**Monday cont'd*

<u>Time</u>	<u>Activity</u>
5:15 – 6:30	Dinner
6:30 – 7:00	Attendance, Warm Up & Stretch
7:00 – 7:30	3v3 Tournament Part II
7:30 – 8:00	Team Practice
8:00 – 9:00	Overtime Games
9:00 – 9:15	Competition Shootout
9:15 – 9:30	Day Campers Depart
11:00	Room Check/Lights Out

TUESDAY

8:00 – 9:00	Breakfast
9:00 - 9:30	Attendance - Individual Workout Demonstration
9:30 – 9:45	Warm-Up/Stretch
9:45 – 10:15	Games/Skill Work/Compliance Film
10:15 – 10:45	Rotate Activities at site
10:45 – 11:15	Rotate Activities at site
11:15 – 11:45	Rotate Activities at site
11:45 – 12:00	Team Meetings
12:00	Camp Ends