



CRIMSON ELITE WEEKEND

- Sample Itinerary -

Friday

| <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 |



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Saturday

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|---------------|---|
| 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 |



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**Saturday 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 |

Sunday

| | |
|---------------|---|
| 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 |