



PENN STATE LADY LION DAY CAMP TENTATIVE SCHEDULE

Equipment:

- Appropriate basketball gear
- Basketball shoes/sneakers
- Personal water bottle
- No personal equipment will be shared during camp

Monday, June 17

8:15 - 9:00 a.m.	Check-In, Multi-Sport Facility (MSF)
8:30 a.m.	Staff Meeting
9:00 a.m.	Camp Introduction/NCAA Educational Session
9:20 a.m.	Break into Divisions
9:25 a.m.	Stretching/Dynamic Warm Up
9:35 a.m.	Stations and Fundamentals
10:20 a.m.	Water Break
10:25 a.m.	Team Drills
10:45 a.m.	Water Break
10:55 a.m.	Team Practice and Games
12:00 p.m.	Lunch (Bring your own)
12:45 p.m.	PSU Pride Stations
1:25 p.m.	Camp Contest
1:45 p.m.	Team Practice and Games
2:40 p.m.	Relays
2:55 p.m.	Wrap Camp Up
3:00 p.m.	Depart, Multi-Sport Facility (MSF)

Tuesday, June 18

8:15 a.m.	Staff Meeting
8:30 a.m.	Campers begin arriving, Multi-Sport Facility (MSF)
9:00 a.m.	Camp Meeting
9:10 a.m.	Stretching/Dynamic Warm Up
9:25 a.m.	Stations and Fundamentals
10:25 a.m.	Water Break
10:35 a.m.	Team Practice and Games
11:35 a.m.	Roll Call
11:40 a.m.	Relays and Contest
12:00 p.m.	Lunch (Bring your own)
12:40 p.m.	Warm Up
12:50 p.m.	PSU Pride Stations
1:15 p.m.	Water Break
1:20 p.m.	Camp Contest
1:40 p.m.	Team Practice and Games
2:40 p.m.	Camp Relays
2:55 p.m.	Wrap Camp Up
3:00 p.m.	Depart, Multi-Sport Facility (MSF)



SPORT CAMPS

GoPSUsports.com/camps

Wednesday, June 19

8:15 a.m.	Staff Meeting
8:30 a.m.	Campers begin arriving, Multi-Sport Facility (MSF)
9:00 a.m.	Camp Meeting
9:10 a.m.	Stretching/Dynamic Warm Up
9:25 a.m.	Stations and Fundamentals
10:25 a.m.	Water Break
10:35 a.m.	Team Practice and Games
11:35 a.m.	Roll Call
11:40 a.m.	Relays and Contest
12:00 p.m.	Lunch (Bring your own)
12:40 p.m.	Warm Up
12:50 p.m.	PSU Pride Stations
1:15 p.m.	Water Break
1:20 p.m.	Camp Contest
1:40 p.m.	Team practice and Games
2:40 p.m.	Camp Relays
2:55 p.m.	Wrap Camp Up
3:00 p.m.	Depart, Multi-Sport Facility (MSF)

Thursday, June 20

8:15 a.m.	Staff Meeting
8:30 a.m.	Campers begin arriving, Multi-Sport Facility (MSF)
9:00 a.m.	Camp Meeting
9:10 a.m.	Stretching/Dynamic Warm Up
9:25 a.m.	Stations and Fundamentals
10:25 a.m.	Water Break
10:35 a.m.	Team Practice and Games
11:35 a.m.	Roll Call
11:40 a.m.	Relays and Contest
12:00 p.m.	Lunch (Bring your own)
12:40 p.m.	Warm Up
12:50 p.m.	PSU Pride Stations
1:15 p.m.	Water Break
1:20 p.m.	Camp Contest
1:40 p.m.	Team Practice and Games
2:40 p.m.	Camp Relays
2:55 p.m.	Wrap Camp Up
3:00 p.m.	Depart, Multi-Sport Facility (MSF)

Friday, June 21

8:15 a.m.	Staff Meeting
8:30 a.m.	Campers begin arriving, Multi-Sport Facility (MSF)
9:00 a.m.	Camp Meeting
9:10 a.m.	Stretching/Dynamic Warm Up
9:25 a.m.	Stations and Fundamentals



SPORT CAMPS

GoPSUsports.com/camps

10:15 a.m.	Water Break
10:25 a.m.	Team Practice and Games
11:25 a.m.	Water Break
11:30 a.m.	Relays and Contest
12:00 p.m.	Lunch (Pizza Day)
12:30 p.m.	Warm Up
12:40 p.m.	Team Practice and Games
1:55 p.m.	Camp Contest
2:15 p.m.	PSU Pride Stations
2:40 p.m.	Camp Awards and Wrap Up
3:00 p.m.	Depart, Multi-Sport Facility (MSF)