



PENN STATE LADY LION ELITE HIGH SCHOOL CAMP TENTATIVE SCHEDULE

Equipment:

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

Saturday, August 3, 2024

AM Session

8:30 a.m. - 9:00 a.m.	Final Check-In (AM Session & Both Sessions) - BJC, Basketball Practice Facility
9:00 a.m.	Camp Introduction / NCAA Educational Session
9:10 a.m.	Perfect Lines
9:15 a.m.	Team Assignments
9:25 a.m.	Dynamic Warm Up
9:35 a.m.	Instructional Sessions
12:00 p.m.	Lunch/ Lecture (Both Sessions Only) AM Session - Depart, BJC, Basketball Practice Facility

PM Session

12:30 p.m. - 1:00 p.m.	Final Check-In (PM Session) - BJC, Basketball Practice Facility
1:00 p.m.	Roll Call & Team Assignments
1:05 p.m.	Dynamic Warm Up
1:15 p.m.	Instructional Session
3:50 p.m.	Camp Wrap up
4:00 p.m.	Camp Ends, Depart, BJC, Basketball Practice Facility