



MITTANY LION PERFORMANCE CAMP TENTATIVE SCHEDULE

Equipment:

- Leotard or tight-fitting athletic clothing (for workout)
- Grips/gymnastics shoes/necessary braces for training (if using)
- Tennis Shoes (for walking)
- Gym bag to carry items
- Personal water bottle
- No personal equipment will be shared during camp

Friday, July 19, 2024

12:00 p.m. – 1:00 p.m.	Check-In, White Building
1:00 p.m.	Parent Meeting
1:30 p.m. – 5:00 p.m.	Afternoon Rotations
5:00 p.m. – 6:00 p.m.	Open Gym & Activity
6:00 p.m.	Depart, White Building

Saturday, July 20, 2024

8:45 a.m. – 9:00 a.m.	Arrive at White Building
9:00 a.m. – 12:00 p.m.	Morning Rotations
12:00 p.m. – 1:15 p.m.	Lunch (Bring your own lunch)
1:30 p.m. – 5:00 p.m.	Afternoon Rotations
5:00 p.m. – 6:00 p.m.	Open Gym & Activity
6:00 p.m.	Depart, White Building

Sunday, July 21, 2024

8:45 a.m. – 9:00 a.m.	Arrive at White Building
9:00 a.m. – 12:30 p.m.	Morning Rotations / Dances ***Parents NOT permitted
12:30 p.m.	Camp Ends, Depart, White Building