



PENN STATE RUGBY GIRLS SKILL DEVELOPMENT & ID CAMP

TENTATIVE SCHEDULE

Equipment:

- Cleated shoes for artificial turf & natural grass
- Sneakers
- **Mouth guard required**
- Shoulders pads/head gear if appropriate
- Rugby jerseys
- Rain gear recommended, depending on weather
- Personal water bottle
- No personal equipment will be shared during camp

Tuesday, July 23, 2024

9:00 - 10:00 a.m.	Final Check-in, TBD
10:00 a.m.	Camp Meeting
10:30 a.m.	Instructional Session
12:30 p.m.	Lunch
2:30 p.m.	Instructional Session
5:00 p.m.	Dinner
7:00 p.m.	Instructional Session
10:00 p.m.	In Dorms
11:00 p.m.	Lights out

Wednesday, July 24, 2024

7:00 a.m.	Breakfast
9:00 a.m.	Instructional Session
12:00 p.m.	Lunch
2:00 p.m.	Instruction Session
5:00 p.m.	Dinner
7:00 p.m.	Instructional Session
10:00 p.m.	In Dorms
11:00 p.m.	Lights out

Thursday, July 25, 2024

7:00 a.m.	Breakfast
9:00 a.m.	Instructional Session
12:00 p.m.	Lunch
2:00 p.m.	Instruction Session
4:00 p.m.	Camp Ends, Check-out, Return room key, Depart