

	Day 1	Day 2	Day 3	Day 4	Day 5
8:00 a.m.	<b>Open Gym</b> Drop-off	<b>Open Gym</b> Drop-off	<b>Open Gym</b> Drop-off	<b>Open Gym</b> Drop-off	<b>Open Gym</b> Drop-off
9:00 a.m.	<b>Sport Showcase</b> Volleyball	<b>Sport Showcase</b> Basketball	<b>Sport Showcase</b> Badminton	<b>Sport Showcase</b> Table Tennis	<b>Sport Showcase</b> Ultimate
10:30 a.m.	Shower & snack break	Shower & snack break	Shower & snack break	Shower & snack break	Shower & snack break
11:00 a.m.	Athlete Education Warm-Ups Foam Rolling / Bands / Agility Ladder / Plyometrics	<b>Group A - TRX (16)</b> <b>Group B - Trivia (16)</b>	Athlete Education Core & Plyometrics Anti-Rotation / Anti-Extension	<b>Group A - Yoga (16)</b> <b>Group B - Game (Sport TBD)</b>	Intro to Sport Science Tendo Units   Timing Gates
12:00 p.m.	<b>Lunch + Learn</b>	<b>Lunch + Learn</b>	<b>Lunch + Learn</b>	<b>Lunch + Learn</b>	<b>Lunch + Learn</b>
1:00 p.m.	<b>Strength &amp; Conditioning</b> Sport Testing	<b>Group B - TRX (16)</b> <b>Group A - Trivia (16)</b>	<b>Strength &amp; Conditioning</b> Lower Body	<b>Group B - Yoga (16)</b> <b>Group A - Game (Sport TBD)</b>	<b>Strength &amp; Conditioning</b> Upper Body
2:00 p.m.		<b>Functional Range</b>		<b>Agility/Change of Direction</b>	
2:30 p.m.					
3:00 p.m.	<b>Reaction &amp; Communication</b> <b>Mini Games</b>	<b>Workshop - Nutrition</b>	<b>Reaction &amp; Communication</b> <b>Mini Games</b>	<b>Workshop - Nutrition or Skills</b>	<b>Reaction &amp; Communication</b> <b>Mini Games</b>
4:00 p.m.	<b>Open Gym</b> Pick-up	<b>Open Gym</b> Pick-up	<b>Open Gym</b> Pick-up	<b>Open Gym</b> Pick-up	<b>Open Gym</b> Pick-up