



4-Hour Holiday Camp Schedule

5 min	Check-In
5 min	Introductions & Welcome <ul style="list-style-type: none">- Introduce Coaches- Go over camp rules- Goals of the camp (Have fun and get better)- Go over schedule
10 min	Warm-up
60 min	Stations (6 stations at 10 minutes each)
10 min	Break
15 min	Individual Competition Rules
60 min	Individual Competitions
60 min	Full Court Games
10 min	Check-out