

# GEORGETOWN WOMEN'S LACROSSE ELITE DAY CAMP

## SCHEDULE

9:30 – 10:30	CHECK IN
10:30 – 11:00	INTRODUCTIONS & WARM UP
11:00 – 11:54	SKILL STATIONS – PART ONE
11:54 – 12:00	WATER BREAK
12:00 – 12:54	SKILL STATIONS – PART TWO
12:55 – 2:15	LUNCH <ul style="list-style-type: none"><li>• RECRUITING TALK/FACILITIES TOUR</li></ul>
2:15 – 2:47	SKILL STATIONS – PART THREE
2:47 – 2:55	WATER BREAK
2:55 – 3:35	TEAM PRACTICE!
3:35 – 3:40	WATER BREAK, BEGIN GAMES
3:40 – 4:35	7v7 – 15 MINUTES ON, 3 MINUTES OFF
4:35 – 6:00	DINNER – SUBWAY SUBS
6:00 – 8:25	12v12 GAMES

*CONCLUSION OF ELITE DAY CAMP!*

