**Daily Camp Schedule**

The daily schedule for Pop’s athletics camps varies on check in and check out days.  On check in day the afternoon session will be the first session and on check out day the morning session is the final session.

7/6

11:00 AM-2:00 PM-Check in at university towers, 111 Friendly Drive Raleigh NC 27607

3:00 PM-5:00 PM-Introduction of staff, camp rules, Technique session

5:00 PM-6:30 PM- Dinner for overnight campers

7:00 PM-9:00 PM-Dual meets

10:00 PM-Bed Checks and Lights out at 10:30 PM

7/7 and 7/8

7:00 AM - 9:00 AM-Breakfast for Overnight campers

9:30 AM - 11:00 AM-Technique Session

11:30 PM – 1:00 PM-Lunch all campers

1:30 PM - 3:30 PM-Dual meets

5:00 PM - 6:00 PM-Dinner for overnight campers

6:30 PM - 8:30 PM-Dual meets

10:00 PM-Bed Checks and Lights out at 10:30 PM

7/9

7:00 AM - 8:30 AM-Breakfast for Overnight campers

9:00 AM - 11:00 AM-Individual tournament

11:30 AM-Check out of the dorms