

## **Team Intensive Camp: June 27 - 30**

### **Sample Daily Schedule**

#### **Day 1:**

**Please Eat Prior to Check-in! Lunch will not be served on Day 1.**

- 2pm: Check-in will be held at Gooch-Dillard Dorm in Camp Store on Alderman Road (follow signs to check-in).
- 3:30pm: Orientation Meeting in front of Gooch dorm where camp rules and procedures will be addressed by head coach Steve Garland
- 3:45pm: Everyone will walk together to Mem Gym
- 4:00-5:00pm: Session 1 at Mem Gym
- 5:30pm: Dinner
- 7:00-9:00pm: Session 2 at Mem Gym
- 10:45pm: Bed Check
- 11:00pm: Lights Out

#### **Day 2 & 3:**

- 6:30am Morning Workout\*: Counselors will be in charge of this workout
- 7:30am: Breakfast
- 9:00-10:30am: Morning workout involving technique, drill, live wrestling and conditioning run by UVA Coaches
- 10:30-11:15am: Team Competition - Dodgeball, Ultimate Frisbee, Tug of War, Pushup contest, King of the Ring
- 12:00pm: Lunch
- 2:00-2:35pm: Drill led by Counselor working on match strategy, technique, and mental preparation
- 2:40-3:40pm: Team Match 1
- 3:40-4:40pm: Team Match 2
- 5:00pm: Dinner
- 7:00-8:00pm: Team Match 3
- 8:00-8:45pm: Fast paced Technique and Hard drill and bonus match-ups against camper of your choice (run by UVA Coaches)
- 10:45pm: Bed Check
- 11:00pm: Lights Out

#### **Day 4:**

- 7:30am: Breakfast
- 8:30am: Navy Seal Challenge Begins at Mem Gym
- 11:30am: Check-out

#### **Commuter Drop-off/Pick Up Schedule:**

- Sunday Night: Pick up 9:00pm at Mem Gym
  - Monday & Tuesday: Drop-off at 8:45am Mem Gym & Pick-up at 8:45pm Mem Gym
  - Wednesday: Drop-off at 8:15am Mem Gym & Pick-up at 11:30am at Gooch Dorm
- \*Commuters will not participate in 6:30am Morning Workouts on Monday & Tuesday.*