



SAMPLE CAMP SCHEDULE

*AFK - Away from keyboard | *Active "Exer-Gaming"

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00	Welcome & Getting to Know the Team!	Welcome! "Healthy Habits"	Welcome! "Importance of Sleep"	Welcome & "Nutrition in Esports"	Welcome "Being Positive"
9:30	Skill Level Assessment Snack	Agility Exercises & Games Snack	In-Game Drills Snack	Dexterity Exercises & Games Snack	Tournament Planning Snack
10:30	Team Building Challenge!	Video Reviews Focus: Team Cohesion	AFK Team Skills: Conflict Resolution	In-Game Drills	Tournament Round 1
11:30	In-Game Drills 12:30 Lunch	Ping Pong Tournament Lunch	In-Game Drills Lunch	Gaming Escape Room! Lunch	Free Play Lunch
1:00	Game Design with Bloxels	Game Design with Bloxels	Game Design with Bloxels	Game Design with Bloxels	Tournament Round 2
2:00	Switch Sports!	Games, Games, Games!	Switch Sports!	Games, Games, Games!	Minute-to-Win-It Tournament
3:00	Free Play	Free Play	Free Play	Free Play	Free Play

Activities will vary based on camp titles

Camp Hours AM Only: 8:30-12:30 | Full Day 8:30-4:30 | Extended hours available
Drop off begins at 8:30 | AM Pick-Up 12:00-12:30pm | PM Pick-Up 4:00-4:30

