



# TEAM CAMP ITINERARY

## Monday July 14, 2025

	Travel-Lunch on your own before arrival
12:00-2:00 PM	Check In-Equipment Issue
2:00 PM	Coaches Meeting-AFEC 227
3:00-4:30 PM	Group A Practice
4:30-6:00 PM	Group B Practice
5:30-7:00 PM	Dinner
7:30-8:30 PM	Scrimmage (Warm Up-7:30-7:45)
8:30 PM	Welcome Meeting-Eccles Coliseum
10:00 PM	Bedtime-Lights Out

## Tuesday July 15, 2025 & Wednesday July 16, 2025

6:30-8:00 AM	Breakfast
8:00-9:30 AM	Group A Practice
9:30-10:00 AM	Group A Scrimmage
10:00-11:30 AM	Group B Practice
11:30 AM-12:00 PM	Group B Scrimmage
11:30 AM-1:30 PM	Lunch
2:00-3:30 PM	Group A Practice
3:30-4:00 PM	Group A Scrimmage
4:00-5:30 PM	Group B Practice
5:30-6:00 PM	Group B Scrimmage
5:30-7:00 PM	Dinner
7:30-8:30 PM	7 on 7/Big Man Activity/Film Time
10:00 PM	Bedtime-Lights Out

## Thursday July 17, 2025

6:00-7:30 AM	Breakfast
8:00 AM	Stretch & Warm-Up
8:30 AM	Scrimmage Competition Begins
9:45 AM	Scrimmage Competition Ends-Equipment Return
11:00 AM	Check-Out-Lunch Pick-Up in Stadium Parking Lot