

# Arkansas State Volleyball Summer 2018 Team Camp Itinerary

## Day 1 Thursday, July 26th

11:30am-1:00pm Overnight Teams arrive/ Check-In at First National Bank Arena (**YELLOW ENTRANCE**)

<u>Overnight Teams</u>		<u>Commuter Teams</u>	
1:00	Welcome to Camp First National Bank Arena (Yellow Entrance) **Coaches will get daily schedule.		
1:15-3:15	<b>Session #1A Individual Training</b> Varsity – First National Bank Arena JV – Red Wolves Center	2:30-3:00	Commuter Check-In First National Bank Arena (Yellow Entrance) **Coaches will get daily schedule.
<b>3:15-3:45</b>	<b>Overview of Team Camp Rules</b>	<b>3:15-3:45</b>	<b>Overview of Team Camp Rules</b>
<b>4:30-5:45</b>	<b>Dinner</b>	3:45 – 5:45	<b>Session #1B Individual Training</b> Varsity – First National Bank Arena JV – Red Wolves Center

5:45pm Session #1 Ends (Teams will reunite in First National Bank Arena)

6:30pm **Session #2 Wash Games** (Return to Scheduled Courts)  
6:30 – 7:15 Bingo, Bango, Bongo (Serve, Down, Free)  
7:20 – 8:05 Biggie Smalls  
8:10 – 8:55 Vegas

9:00pm Camp Ends (Overnight Campers return to dorm)  
Overnight Campers are the responsibility of their own coach/chaperone!

## Day 2 Friday, July 27th

7:30am Wake Up your team  
8:00am Breakfast in the Arcansa Hall for Resident Campers, available from 7:30am until 8:30am  
9:00am **Session #3 Pool Play**

12:00am Session Ends/ Resident Campers Lunch is available from 11:45 until 1:00pm  
2:00pm **Session #4 Pool Play**

4:45pm Session Ends/ Resident Campers Dinner is available from 5:00pm until 5:45pm  
6:30pm **Session #5 Pool Play**

9:00pm Camp Ends (Overnight Campers return to dorm)  
Overnight Campers are the responsibility of their own coach/chaperone!

## Day 3 Saturday, July 28th

7:15am Wake Up your team  
8:15am Breakfast in the Arcansa Hall for Resident Campers, available from 7:30am until 8:30am  
9:00am **Session #6 Semi-Final Pool Play** (*New schedule will be sent out Friday night*)

12:00pm Session Ends/ Resident Campers Lunch is available from 11:45 until 1:00pm  
Early Resident Camper Checkout Available (Contact Brian Gerwig before Session #6)

1:30pm **Session #7 Final Pool Play**

4:30pm Teams may depart from camp at the conclusion of team play and refereeing assignment  
Resident Campers Checkout of North Park Quad