

# BALLISLIFE ALL AMERICAN CAMP

FRIDAY		
SCHEDULE	BALLISLIFE - 7TH, 8TH/9TH GRADES	ETHIKA - 4TH/5TH, 6TH, 10TH-12TH GRADES
2:30 - 4:00 PM	Check In / Media Session / Testing	
CAMP START		
4:00 - 4:20 PM	Camp Welcome	
4:25 - 4:45 PM	Dynamic Warmup	
4:50 - 5:30 PM	College Principles	
5:35 - 6:20 PM	Game 1	Dinner
6:25 - 7:10 PM	Dinner	Game 1
7:15 - 8:00 PM	Game 2	Off
8:05 - 8:50 PM	Off	Game 2
SATURDAY		
SCHEDULE	BALLISLIFE - 7TH, 8TH/9TH GRADES	ETHIKA - 4TH/5TH, 6TH, 10TH-12TH GRADES
9:00 - 9:30 AM	Check-In	
9:30 - 9:45 AM	Camp Welcome	
9:50 - 10:00 AM	Camp Picture	
10:05 - 10:25 AM	Dynamic Warmup	
10:30 - 11:00 AM	Team Concepts	
11:05 - 11:50 AM	Performance Training Speaker/Lunch	Training/Shooting Qualifier
11:55 - 12:40 PM	Training/Shooting Qualifier	Performance Training Speaker/Lunch
12:45 - 1:35 PM	Queen of the Court	Queen of the Court
1:40 - 2:25 PM	Game 1	Lunch
2:30 - 3:15 PM	Lunch	Game 1
3:20 - 4:05 PM	Game 2	Off
4:10 - 4:55 PM	Off	Game 2
SUNDAY		
SCHEDULE	BALLISLIFE - 7TH, 8TH/9TH GRADES	ETHIKA - 4TH/5TH, 6TH, 10TH-12TH GRADES
9:00 - 9:30 AM	Check-In	
9:30 - 9:45 AM	Camp Welcome	
9:50 - 10:10 AM	Recovery	
10:15 - 10:35 AM	QOTC Finals	
10:45 - 11:20 AM	3v3/4v4	
11:30 - 12:05 PM	3 Pt. Shootout Finals	
12:10 - 12:20 PM	All-Star Announcements	Lunch
12:25 - 1:10 PM	All-Star Games	Lunch
1:15 - 1:25 PM	Lunch	All-Star Announcements
1:30 - 2:20 PM	Lunch	All-Star Games
2:25 - 2:55 PM	Awards Ceremony	