



## SPIRE Lacrosse “Become a Champion” Camp

<b>Time</b>	<b>Activity</b>
<b>Day 1</b>	
<b>8:30am-9am</b>	<b>Check-in/move in: (Lobby Main Field &amp; Courts Entrance)</b>
<b>9am-11:30am</b>	<b>Session 1-Skills/Drills</b>
<b>12-1pm</b>	<b>Lunch (Overnighters/Commuters)</b>
<b>1pm-4pm</b>	<b>Session 2- Skills/Drills/Games</b>
<b>4pm</b>	<b>Check-Out: Lobby Main Entrance- Day Campers leave</b>
<b>5-6pm</b>	<b>Dinner (Overnighters only)</b>
<b>6:30-8:30pm</b>	<b>Skills and Performance (Weight Room)</b>
<b>9pm</b>	<b>Dorm</b>
<b>11pm</b>	<b>Lights Out</b>
<b>Day 2</b>	
<b>8:30am-9am</b>	<b>Breakfast (Overnighters)</b>
<b>9am</b>	<b>Day Camper arrival/Check in</b>
<b>9am-11:30am</b>	<b>Session 1-Skills/Drills</b>
<b>12-1pm</b>	<b>Lunch (Overnighters/Commuters)</b>
<b>1pm-4pm</b>	<b>Session 2- Skills/Drills/Games</b>
<b>4pm</b>	<b>Check-Out: Lobby Main Entrance- All Campers</b>