

SPIRE High School Lacrosse Prospect Camp Camp Schedule

Friday (10/28/22)

10:30 – 11:00 am	Check-in at Academy Entrance
11:00 - 12:30 pm	SPIRE Academy - Performance/Classroom
12:30 - 1:30 pm	Lunch
1:30 - 3:30 pm	SPIRE Academy - Performance/Classroom
3:30 - 4:30 pm	Film work
4:45 - 6:30 pm	“Individual” practice
6:30 - 7:30 pm	Dinner
7:30 – 9:00 pm	Relax/Watch football game on campus
9:30 pm	Lights out

Saturday (10/29/22)

7:00 am	Wake-up call
7:30 - 8:30 am	Breakfast
8:30 - 9:30 am	Yoga
9:30 - 11:30 am	“Team” practice
11:30 - 12:30 pm	Breakdown of Camp/Check-out

