

Ram Camp Schedule

July 11th - 15th



8:00 - 8:30 -> Check In / Shoot Around

8:30 - 9:00 -> Full Court Warm Up / Footwork

9:00 - 9:45 -> Theme of the Day Drills

9:45 - 9:50 -> Water Break

9:50 - 10:30 -> Stations (Counselor Lead)

10:30 - 11:10 -> League Games

11:10 - 11:40 -> Lunch

11:40 - 12:20 -> Contest of the Day

12:20 - 12:50 -> Shooting / Ball Handling Games

12:50 - 1:30 -> League Games

1:30 -> Dismissal