2019 Notre Dame U-13 Women's Lacrosse CAMP

Daily Itinerary

DAY ONE

12:00 pm	**Registration Begins**
2:00 pm	**Registration Ends**
2:15 pm	**Camp Welcome** at BP Dorm; Roll call
2:30pm	**Session 1-Riele Fields** *ID session; Stickwork, footwork, positioning!*
4:45 pm	**Head back to dorm**
5:15 pm	**Dinner**
6:15 pm	**Roll Call at BP**
6:30 pm	**Session 2- Arlotta** *Team Drills* **– Small skills (2v2, 3v3 A and D concepts)**
7:15 pm	**Night Games- Arlotta Stadium**
8:15 pm	**Walk back to dorm (Commuters to be picked up at Arlotta Stadium)**
9:00 pm	**MOVIE NIGHT**
10:30pm	**Bed Check**
11:00pm	**Lights Out**

DAY TWO

7:45 am	**Wake-Up**!
8:00 am	**BREAKFAST**
8:30am	**Roll Call at BP; Commuters arrive at Riele Fields**
8:45 am	**Session 3- Riele** *Stations- drills for skill development (attack, midfield, defense)*
11:15 am	**LUNCH**
1:15 pm	**Roll Call at BP**
1:30pm	**Session 4- Arlotta/Loftus;** *Team play and strategy training; Uneven situations (4v3, 5v4)*
2:30 pm	*Camp Fun!*
3:30 pm	Head back to dorm; rest time
5:00 pm	**Dinner**
6:30 pm	**Roll Call at BP**
6:45 pm	**Session 5- Arlotta Stadium** *Night Games;*
8:30 pm	**Walk back to dorm (Commuters to be picked up at Arlotta Stadium)**
9:30 pm	**CAMP TALENT SHOW!!!**
10:30pm	**Bed Check**
11:00pm	**Lights Out**

DAY THREE

7:30 am	**Wake-up**
8:00 am	**Breakfast**
8:30am	**Room Check; Room packed up, trash in trash bins, bags packed on beds**
8:45 am	**Roll Call at BP; Commuters arrive at Riele Fields**
9:00 am	**Session 6- Riele Fields**; *Queen of the Turf 4v4*
10:00 am	*Camp Tournament*
11:45 pm	**Closing and Awards ; Commuters picked up at Riele Fields**
12:00 pm	**Check-out**