Zag Volleyball Camp 2019

COMPLETE PLAYER SCHEDULE

JULY 19-21

Day 1 _____

Please note this change.
Commuters Check in at
Martin Center
1:30-2:30

12:30-2:30 Check-in (Coughlin Hall- 816 N. Cincinnati St)

2:30-3:00 Opening Meeting/ Staff Intros (Main court- MC)

3:00-4:45 Skill Evaluation (MC & Fieldhouse- FH)

4:45-5:15 Camp Rules (MC)

5:30-6:15 Dinner (Pizza Feed at the Dorms)

6:15-6:30 ROLL CALL

6:30-8:00 Skills & Strategy Clinics Session I (MC & FH)

8:00-8:30 Evening Meeting/Dorm Protocol (MC)

8:30-10:30 Movie & Snack Bar @ Dorms

10:30pm Curfew/Quiet Hours (Food delivery must be prior to 10:00pm)

11:00pm Lights Out

Day 2

8:00-8:15 ROLL CALL (Line up in the same groups from last night)

8:15-8:45 Breakfast (8:15-8:45 at COG)

9:00-9:30 Announcements/Warm-up - Land, Sea, Air (MC)

9:30-9:45 Team Photo at the Bulldog

9:45-11:15 Team Practice 11:15-12:00 Chalk Talk

12:00-12:45 Lunch (12:00-12:30 at COG)

1:00-1:15 Announcements /Warm-up - Ship Wreck(MC)

1:15-1:45pm Staff Demonstration Match (MC)

1:45-2:45 Skills & Strategy Clinics-Session 2 (FH & MC)

2:45-3:00 Skills reflection time

3:00-3:30 Question & Answer with the Zags! (MC)

3:30-5:00 Team Practice

5:30-6:15 Dinner (5:30-6:00pm at COG)

6:15-8:30 Tournament Play (FH & MC) Off time – Cheer Practice

8:30-9:00 Evening Entertainment (MC) 9:00-10:30 Movie & Snack Bar @ Dorms

10:30pm Curfew/Quiet Hours (Food delivery must be prior to 10:00pm)

11:00pm Lights Out

Day 3

8:00-8:15 ROLL CALL

8:15-8:45 Breakfast (8:15-8:45 at COG)

9:00-9:30 Announcements / Evaluations (MC)

9:30am-1:00pm Tournament Play (w/lunch break approx. 11:30am)

1:00-1:15 Parting Shots / All Camper Awards (MC)

1:15-2:00 Dorm Check-out