

TENTATIVE - High Performance Camp

Day 1

8:30 – 9:00 am Resident Camper check-in begins at TBA
Parent's drive Resident to Francis Allen Training Complex (FATC)
9:00 Commuter Camper Check-in (FATC – 1600 Court Street, Lincoln, NE)
10:00 **Camp Picture**
10:15 – 12:20 pm Warm up and Rotations 1-2
12:30 – 1:40 Lunch/Relax at Dorm (commuters as well)
1:45 Depart for FATC
2:00 – 5:30 Warm-up and Rotations 3-6
5:45 – 6:15 Dinner
6:30 **Commuter – Parents pick up at Dorm**
6:45 Resident camps – free time (sand volleyball, basketball, pickle ball or downtime)
Shower
10:00 Campers in Rooms
10:30 Lights out

Day 2

7:30 am Campers up and getting ready
8:00 Breakfast
8:45 Residents depart for **Francis Allen Training Complex (FATC)**
9:00 Commuters arrive at FATC
9:15 – 12:30 pm Warm up and Rotations 1-3
12:40 – 1:45 Lunch/Relax at Dorm (commuters as well)
2:00 – 5:30 Warm up and Rotations 4-6
5:40 – 6:15 Dinner
6:30 **Commuter – Parents pick up at Dorm**
6:45 Resident camps – free time (sand volleyball, basketball, pickle ball or downtime)
Shower
10:00 Campers in Rooms
10:30 Lights out

Day 3

7:30 am Campers up and getting ready
8:00 Breakfast
Start Packing
9:00 Residents depart for FATC
9:15 Commuters arrive at FATC
9:30 – 12:15 pm Warm up and Rotations 1-3
12:25 – 1:15 Lunch/Relax at Dorm
1:30 – 4:15 Warm-up and Rotations 4-6
4:20 Parents enter to watch dance. **Doors locked until 4:20 p.m.**
4:30 Dance presentation
Camp Conclusion/Camp Store Open
Parents accompany resident campers to dorm for checkout.
Commuters can leave from gym with parents.