

TENTATIVE - High Performance Camp

Day 1

8:30 – 9:00 am	Resident Camper check-in begins at TBA <u>Parent's drive Resident to Francis Allen Training Complex (FATC)</u>
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	<u>Commuters arrive at FATC</u>
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	<u>Commuters arrive at FATC</u>
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.