

High Performance Camp Itinerary (Tentative)



Day 1

9:00 - 9:45 AM - Resident Camper check-in begins at Smith Hall
*Parent will need to drive camper to Francis Allen Training Complex for the start of camp!
(1600 Court Street, Lincoln, NE, 68508)
9:00 AM - Commuter Camper Check-in (Francis Allen Training Complex – 1600 Court Street, Lincoln, NE)
*Leotard Pick-Up/Payment, Camp Store Available
10:00 AM - Camp Introduction / Camp Picture
10:15 - 10:45 AM - Warmup/Stretch
10:45 - 12:15 PM - Rotation 1 / Rotation 2
12:20 - 1:00 PM - Lunch
1:00 - 1:40 PM - Downtime for ALL campers
1:45 PM - Depart for Francis Allen Training Complex (FATC)
2:00 - 2:30 PM - Warmup/Stretch
2:30 PM - 5:30 PM - Rotations 3 / Rotation 4 / Rotation 5 / Rotation 6
5:45 - 6:30 PM - Dinner
6:30 PM - Commuter Parents pick campers up at dorm (Smith Hall)
7:00 PM - Resident campers free time
10:00 PM - Camper Curfew
10:30 PM - Lights out

Day 2

7:30 AM- Camper Wake-Up
8:00 AM - Breakfast
8:45 AM - Residents depart for Francis Allen Training Complex (FATC)
9:00 AM - Commuters arrive at FATC
9:15 - 9:45 AM - Warmup/Stretch
9:45 - 12:30 PM - Rotations 1 / Rotation 2 / Rotation 3
12:40 - 1:15 PM - Lunch
1:15 - 1:40 PM - Downtime for ALL campers
1:45 PM - Depart for FATC
2:00 - 2:30 PM - Warmup/Stretch
2:30 - 5:30 PM - Rotation 4 / Rotation 5 / Rotation 6
5:45 - 6:30 PM - Dinner
6:30 PM - Commuter Parents pick campers up at dorm (Smith Hall)
7:00 PM - Resident campers free time
10:00 PM - Camper Curfew
10:30 PM - Lights out

Day 3

7:30 AM - Camper Wake-Up (Please remember to pack your belongings!)
8:00 AM - Breakfast



9:00 AM - Residents depart for Francis Allen Training Complex (FATC)

9:15 AM - Commuters arrive at FATC

9:30 - 10:00 AM - Warmup/Stretch

10:00 - 12:15 PM - Rotation 1 / Rotation 2 / Rotation 3

12:15 - 1:00 PM - Lunch

1:00 - 1:40 PM - Downtime for ALL campers

1:45 PM - Depart for FATC

2:00 - 4:15 PM - Rotation 4 / Rotation 5 / Rotation 6

(4:20 PM - Parents Arrive at Francis Allen Training Complex)

4:30 PM - Dance presentation / Camp Dismissal

*Camp Store will be open.

*Parents will need to accompany resident campers to dorm for checkout.

*Commuter campers can leave from the gym with their parents.