

Ram Camp Schedule

July 14th - 18th



8:30 - 9:00 -> Check In / Shoot Around

9:00 - 9:30 -> Full Court Warm Up / Footwork

9:30 - 10:15 -> Theme of the Day Drills

10:15 - 10:20 -> Water Break

10:20 - 11:00 -> Stations (Counselor Lead)

11:00 - 11:30 -> League Games

11:30 - 11:55 -> Lunch

11:55 - 12:20 -> Contest of the Day

12:20 - 12:50 -> Shooting / Ball Handling Games

12:50 - 1:30 -> League Games

1:30 -> Dismissal