

PRINCETON UNIVERSITY

GIRLS BASKETBALL CAMPS

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Elite Camp 1: June 29/30, 2024 | Elite Camp 2: August 3/4, 2024

For day campers the fee includes instruction, meals (lunch/dinner Day 1 and lunch Day 2) and a practice jersey. For overnight campers the fee includes instruction, meals, housing and a practice jersey.

Elite Camp - Day 1

8:30a | Check-In at Baker Rink – Overnight Campers

9:15a | Check-In at Jadwin Gym Lobby – Day Campers

10:00a | All Campers Report to Jadwin Gym
2 Waves will Leave from Dorms – 9:40a and 9:50a

10:15a | Welcome / Camp Introduction

10:30a | Dynamic Warmup with Princeton Players

10:45a | Offensive Stations

11:35a | Team Warmup

11:40a | Evaluation Game (12 min halves)

12:15p | Lunch

1:25p | Attendance at Jadwin Gym / Finalize Teams

1:35p | Defensive Lecture & Demo

2:00p | Stretch & Defensive Stations

2:35p | Team Warmup & Practice

2:50p | Game #1 (15 minute halves)

3:30p | 3 Point Shooting Drills Demo

3:45p | 3 Point Shooting Competition – Group 1
Team / PVC Weight Room Tour – Group 2

4:05p | 3 Point Shooting Competition – Group 2
Team / PVC Weight Room Tour – Group 1

4:30p | Game #2 (12 minute halves)

5:00p | Walk to Dinner

5:15p | Dinner

6:30p | Highlight Video / Q&A with Tigers

7:10p | 3v3 Tournament Intro & Demo

7:20p | 3v3 Tournament

7:45p | Announcements & Dismissal for Day Campers

8:00p | Overnight Campers – Wawa Trip / Return to Dorm

10:00p | Room Check / Lights Out

Elite Camp - Day 2

7:15a | Wake Up

7:45a | Walk to Breakfast – Overnight Campers

8:00a | Breakfast – Overnight Campers

8:45a | Check-In at Jadwin Gym Lobby – Day Campers

9:15a | Attendance

9:20a | Positional Workout Demo

9:45a | Dynamic Warmup

9:50a | Positional Skill Stations

10:30a | Game #3 (15 minute halves)

11:10a | Campus Tour

11:45a | Lunch

1:00p | Attendance in Jadwin Gym
1v1 Demo & Tournament / Dynamic Warmup

1:40p | Game #4 (15 minute halves)

2:30p | Competition Finals

3:00p | All-Star Game

3:40p | Awards / Wrap Up / Dismissal

4:00p | Check-Out at Jadwin Gym – Day Campers

Report to Dorm & Check-Out – Overnight Campers