

# 2024 TIGER CUB CAMP

DAY 1 - MONDAY, JULY 8TH

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<b>Time</b>	<b>Description</b>	<b>Location</b>
8:30 AM	CHECK IN & REGISTRATION	JADWIN LOBBY
9:00 AM	WELCOME / CAMP INTRO & RULES	MAIN COURT
9:10 AM	DYNAMIC WARM UP (whole camp together)	MAIN COURT
9:20 AM	STATIONS / SKILL WORK 7 or 8 min / station, 5 min water break after 2nd station	
	<b>IVY LEAGUE -</b> <ul style="list-style-type: none"><li>→ Shooting: Partner form shooting</li><li>→ Passing / Pivoting - with a partner</li><li>→ Defense- Defensive slides</li><li>→ Stationary Ball Handling with 1 ball</li></ul>	<b>East court and track</b>
	<b>WNBA -</b> <ul style="list-style-type: none"><li>→ Ball Handling - stationary &amp; on the move</li><li>→ Shooting - 2 line layups</li><li>→ Passing- Partner passing (on the move)</li><li>→ Agilities- Ladders (linear into closeouts) &amp; Mirror slide drill with partner</li></ul>	<b>Main &amp; West Courts</b>
10:00 AM	WATER BREAK	
10:05-10:25 AM	<b>IVY LEAGUE -</b> Relay Races <b>WNBA -</b> Ball Handling Relay Races in their teams	
<i>IF EXTRA TIME</i>	Knockout!	
10:30 - 11:10 AM	GAME #1 <b>WNBA - Main and West Court</b> <b>IVY LEAGUE - 4v4 on East Court or track</b>	
11:15-11:35 AM	MONEY BASKET! Whole camp together - 8 teams	4 HOOPS
11:40 AM	WALK TO LUNCH	
11:50 -12:50 PM	LUNCH	WHITMAN
1:00 PM	ATTENDANCE TRIVIA & SHOOT FOR PRIZES	MAIN COURT
1:15 PM	3v0 Demo & 3V3 TOURNEY RULES	
1:25 PM	3V3 - ROUND 1	
1:45 PM	GET READY FOR POOL	
2:00 PM	POOL TIME / ACTIVITY FOR KIDS WHO DON'T WANT TO SWIM	
2:55 PM	ANNOUNCEMENTS / DISMISSAL <i>Tomorrow is Jersey Day!</i>	

# 2024 TIGER CUB CAMP

DAY 2 - TUESDAY, JULY 9TH **JERSEY DAY**

<b>Time</b>	<b>Description</b>	<b>Location</b>
8:30 AM	CHECK IN	JADWIN LOBBY
8:50 AM	INTRO / ATTENDANCE <i>Jersey Day camp photo</i>	
9:00 AM	DYNAMIC WARM UP + <b>FUN GAME</b>	MAIN COURT
9:20 AM	STATIONS / SKILL WORK 8 min / station, 3 min water break after 2nd station <b>Ivy League - East court and track</b> <ul style="list-style-type: none"><li>→ Partner Passing</li><li>→ Layups</li><li>→ Ball Handling on the move</li><li>→ Rebounding/boxing out</li></ul> <b>WNBA - Main &amp; West Courts</b> <ul style="list-style-type: none"><li>→ 2-ball ball handling with partners</li><li>→ Getting open - jab / shot fakes</li><li>→ Rebounding and boxing out</li><li>→ Agilities- Ladders into finishes/shots</li></ul>	
10:00 AM	WATER BREAK	
10:05 - 10:30 AM	1v1 TOURNAMENT - Demo/Rules & Play	
10:30 AM	WATER BREAK	
10:35 - 11:05 AM	<b>WNBA</b> - TEAM PRACTICE / 5v5 GAME <b>IVY LEAGUE</b> - 4v4 Game, ball tag, basketball Simon Says	
11:05 - 11:30 AM	HOT SHOT COMPETITION	
11:35 AM	WALK TO LUNCH	
11:45-12:45 PM	LUNCH	WHITMAN
1:00 PM	ATTENDANCE TRIVIA / SHOOT FOR PRIZES	
1:15 PM	<b>WNBA</b> - 3V3 - ROUND 2 <b>IVY LEAGUE</b> - 3v3 at 1 hoop, Basketball musical chairs	
1:45 PM	GET READY FOR POOL	
2:00-2:50 PM	POOL TIME !!! / ACTIVITY FOR KIDS WHO DON'T SWIM	
2:55 PM	ANNOUNCEMENTS / DISMISSAL - <i>Tomorrow is NEON DAY!</i>	

# 2024 TIGER CUB CAMP

DAY 3 - WEDNESDAY, JULY 10TH - NEON DAY

<u>Time</u>	<u>Description</u>	<u>Location</u>
8:30 AM	CHECK IN	JADWIN LOBBY
8:50 AM	INTRO / ATTEN-DANCE! <i>Neon day photo - rainbow</i>	
9:00 AM	DYNAMIC WARM UP - Ball Tag (counselors as taggers)	
9:30 AM	STATIONS / SKILLS WORK 8 min / station, 5 min water break after 2nd station <b>Ivy League - East court and track</b> <ul style="list-style-type: none"><li>→ Ball Handling</li><li>→ Layups</li><li>→ Ball Handling / Defense</li><li>→ Shooting competitions</li></ul> <b>WNBA - Main &amp; West Courts</b> <ul style="list-style-type: none"><li>→ 2-ball dribbling on the move</li><li>→ Shooting competitions</li><li>→ Post moves</li><li>→ Zig zag drill with partner/ball</li></ul>	
10:10 AM	WATER BREAK	
10:15-10:50 AM	<b>IVY LEAGUE</b> - Relays / Competitions/ line tag / musical chairs / tic tac toe <b>WNBA DIVISION</b> - Split into NEW TEAMS (Olympics) <ul style="list-style-type: none"><li>• Team practice (10 min)</li><li>• Olympics GAME 1</li></ul>	
10:50 AM	WATER BREAK	
10:55 AM	CAMP DEMO - Princeton players doing shooting drills, ball handling, etc.	
11:15 AM	WNBA - 1v1 Tourney - Round 2 IVY LEAGUE - Field trip! Video in the team room	
11:40 AM	WALK TO LUNCH	
11:50 - 12:50 PM	LUNCH	WHITMAN
1:00 PM	ATTENDANCE / TRIVIA / Highlight video	
1:15 PM	<b>WNBA - Olympics GAME 2</b> - Dynamic stretch at your courts <b>IVY LEAGUE</b> - 4v4 GAME, MUSICAL BASKETBALL CHAIRS, BASKETBALL TIC TAC TOE	
1:45 PM	GET READY FOR THE POOL	
2:00 - 2:45 PM	POOL TIME !!! / ACTIVITY FOR NON-SWIMMERS	
2:55 PM	ANNOUNCEMENTS / DISMISSAL - <i>Tomorrow is TIGER PRIDE day!</i>	

# 2024 TIGER CUB CAMP

DAY 4 - THURSDAY, JULY 11TH **TIGER PRIDE DAY**

<u>Time</u>	<u>Description</u>	<u>Location</u>
8:30 AM	CHECK IN	JADWIN LOBBY
8:50 AM	INTRO / ATTENDANCE <i>Most Tiger Pride winner</i>	
9:00 AM	DYNAMIC WARMUP / FULL CAMP PASSING GAME	
9:00 AM	STATIONS / SKILLS WORK 8 min / station, 5 min water break after 2nd station <b>Ivy League - East court and track</b> <ul style="list-style-type: none"><li>→ Passing</li><li>→ Shooting</li><li>→ Ball Handling</li><li>→ Defense</li></ul> <b>WNBA - Main &amp; West Courts</b> <ul style="list-style-type: none"><li>→ Passing</li><li>→ 1v1</li><li>→ Ball Handling to 2-foot finishes in the paint</li><li>→ Agility ladders - into finishes/shots</li></ul>	
10:00 AM	WATER BREAK	
10:05-10:45 AM	<b>WNBA:</b> 5v5 Game <b>Ivy</b> - 4v4 Game	
10:45 AM	WATER BREAK	
10:50 - 11:20 AM	<b>WNBA</b> - OLYMPIC GOLD MEDAL GAME (12-minute halves) <b>IVY</b> - 3v3 Final Round / Dribble Pacman	
11:25 AM	WALK TO LUNCH	
11:30-12:30 PM	LUNCH	WHITMAN
12:45 PM	ATTENDANCE	JADWIN
12:50 PM	Talent show / Trivia/Let's Make a Deal	
1:15 PM	COMPETITION FINALS <ul style="list-style-type: none"><li>● 3v3 TOURNEY</li><li>● 1v1 TOURNEY</li><li>● HOT SHOT</li></ul>	
1:45 PM	GET READY FOR POOL	
2:00-2:30 PM	POOL TIME !!! / ACTIVITY FOR NON-SWIMMERS	
2:45 PM	AWARDS / WRAP UP / DISMISSAL	