



## Maryland Women's Basketball Elite Camp

### Friday, June 15<sup>th</sup>

12:00 - 1:00 -- Check-in at main floor tunnel

1:00 - 1:30 -- Open Camp

1:30 - 1:45 -- Camp Stretch

1:45 - 1:55 – Teach Finishing School

1:55 - 2:05 – Finishing School

2:05 - 2:25 – 3 on 2, 2 on 1 Transition

2:25 - 2:45 – 3 on 3 Skill Work

2:45 - 2:55 – Teach 3 on 3 Rules

2:55 - 3:25 – 3 on 3 Games

3:30 - 4:30 – Games

Game 1 Starts 3:30, Game 2 Starts 4:00

Black and Red: Main Gym

Gold: Aux Gym

4:30 - 5:15 – Player Q&A and Autographs

5:15 - 6:30 – Dinner & Pictures

6:30 - 7:00 – Position Skill Work

Red and Black: Main Gym

Gold: Aux Gym

7:00 - 8:00 – Games

Game 1 Starts 7:00, Game 2 Starts 7:30

8:00 – Dismiss Camp



## Saturday, June 16<sup>th</sup>

8:45 – Staff meeting on main court

9:10 - 9:20 – Roll Call at Xfinity

9:20 - 9:30 – Coach Frese Motivational Talk

9:30 - 9:45 – Camp Stretch

9:45 - 9:55 – Explain Film/Skill/Basketball Performance Sessions

9:55 - 10:15 – Breakout Session 1

10:20 - 10:40 – Breakout Session 2

10:45 - 11:05 – Breakout Session 3

11:15 - 12:15 – Games

Game 1 Starts 11:15, Game 2 Starts 11:45

Black and Red: Main Gym

Gold: Aux Gym

12:15 - 1:30 – Lunch

1:30 - 1:40 – Stretch

1:40 - 2:20 – Black and Red Championship Games

Black Championship starts at 1:40

Red Championship starts at 2:00

Gold: Aux Gym

2:20 - 3:00 – All Star Game

3:00 - 3:30 – Awards

3:30 - 3:40 – Coach Frese final thoughts

3:40 - 4:00 – Cookie Truck