



July 24,25,26,27

5th-8th Overnight Camp

Camp Description

This camp provides an atmosphere where skill development, fun and an appreciation for the game of basketball grows in our campers. The focus is teaching fundamental basketball in a fun and exciting way. Sessions include demonstration, drills, competitions, and game play. Campers will be supervised and co-habituate with UW-Stout players, coaches and residence hall staff.



5th-8th Overnight Skills
Camp

Skill Sessions, Contests,
Guest Speakers, Game
Play

Skill Development in a
College Atmosphere

Skill Work Focused on
Fun & Improvement

Affordable
\$250 Overnight
\$200 Commuter

UW-STOUT CAMP
DIRECTOR
Jim Lake

231-250-3283

Daily Schedule:

Monday – June 24

2:00-3:00 pm Registration
3:15 pm Dorm Hall Camp Meeting –
3:30 pm Basketball Camp Meeting
4:00-4:30 pm Session 1 – Skill Assessment
4:30-5:00 pm Session 1 – Half Court Assessment
5:00-5:30 pm Session 1 Stations
5:30-5:45 pm Lightning Challenge
5:45-6:00 pm Dribble Knock Out
6:15-7:00 pm Dinner
7:00-7:10 pm Dynamic Stretching
7:10-7:25 pm Offense Demonstration
7:25-7:55 pm Team Practice 1
8:00-8:45 pm Games
9:00 pm Dismiss to Dorms
10:00 pm Rooms
11:00 pm Lights Out

Tuesday – June 25

8:00-8:45 am Breakfast
9:00-9:10 am Dynamic Stretching
9:10-9:40 am Session 2 Full Court Stations
9:40-10:10 am Session 2 Fastbreak
10:10-10:20 am Gatorade Challenge
10:20-10:30 am Team Practice 2
10:30-11:00 am Game Play
11:00-Noon Dorm
Noon – 1:00 pm Lunch
1:30-2:00 pm Guest Speaker
2:00-2:10 pm Dynamic Stretching
2:10-2:40 pm Session 3 Shooting Stations
2:40-3:00 pm Session 3 Fastbreak Stations
3:00-3:15 pm Star Shooting Challenge
3:15-3:30 pm Lightning Challenge
3:30-3:45 pm 2 on 2 Kings Court Challenge
3:45-5:45 pm Movie
6:00-7:00 pm Dinner
7:00-7:10 pm Dynamic Stretching
7:10-7:25 pm Offense Demonstration
7:25-7:55 pm Team Practice 3
8:00-8:45 pm Games
9:00 pm Dismiss to Dorms

10:00 pm Rooms
11:00 pm Lights Out

Wednesday – June 26

8:00-8:45 am Breakfast
9:00-9:10 am Dynamic Stretching
9:10-9:40 am Session 4 Stations
9:40-10:10 am Session 4 Shooting Stations
10:10-10:20 am Free-throw Challenge – Camp Championship
10:20-10:30 am Team Practice 4
10:30-11:00 am Game Play
11:00-Noon Dorm
Noon – 1:00 pm Lunch
1:00-2:30 pm NBA2K Tourney – Campers and Coaches
2:30-2:40 pm Dynamic Stretching
2:40-3:00 pm Session 5 Stations
3:00-3:15 pm Session 5 Defensive Stations
3:15-3:25 pm Circle Passing
3:50-4:00 pm 3 on 3 – Camp Challenge
4:00-5:30 pm NBA2K Tourney – Campers and Coaches
6:00-7:00 pm Dinner
7:00-7:10 pm Dynamic Stretching
7:10-7:25 pm Offense Demonstration
7:25-7:55 pm Team Practice 5
8:00-8:45 pm Games
9:00 pm Dismiss to Dorms
9:15 pm NBA2K Tourney – Campers and Coaches
10:30 pm Rooms
11:00 pm Lights Out

Thursday – June 27

8:00-8:45 am Breakfast
9:00-9:10 am Dynamic Stretching
9:10-9:20 am Offense Demonstration
9:20-9:40 am Team Practice 6
9:40-10:10 am Session 6 Stations
10:10-10:40 am Session 6 Full Court Stations – Full Group
10:45-11:45 am Game Play
11:45 – 12:15 pm Award Ceremony
12:15 pm Dorm Check Out

