

# Bantam Elite Camp Schedule 2025

Date	Time	Activity	Location	Bus
<b>Day 1</b> <b>Monday, July 7th</b>	10:30am - 11:30 am	Check-in overnight campers	Hunton / Edwards House	
	12:00pm - 12:45pm	Lunch	Gracies	
	12:30pm	Check in - Boys Day campers	Gym	
	1:00 pm - 3:00pm	Session 1 - Boys		
	2:30pm	Check in - Girls Day campers		
	3:00 pm - 5:00 pm	Session 1 - Girls	Gracies	
	4:45 pm - 5:45pm	Supper		
	6:00 pm - 7:30pm	Session 2 - Boys		
	7:30 pm - 9:00 pm	Session 2 - Girls		
	10:30 pm	Lights Out		
<b>Day 2</b> <b>Tuesday, July 8th</b>	7:30am - 8:15am	Breakfast	Gracies (Everyone)	
	8:45 am - 9:00am	Dynamic Warmup Routine (Girls)	Gym	
	9:00 am - 10:30 am	Session 3 - Girls		
	10:15am - 10:30am	Dynamic Warmup Routine (Boys)		
	10:30 am - 12:00pm	Session 3 - Boys		
	12:00pm - 12:45pm	Lunch	Gracies	
	12:45pm - 1:00pm	Dynamic Warmup Routine (Girls)	Gym	
	1:00 pm - 3:00 pm	Session 4 - Girls		
	2:45pm - 3:00pm	Dynamic Warmup Routine (Boys)		
	3:00 pm - 5:00 pm	Session 4 - Boys		
	4:45 pm - 5:45pm	Supper	Gracies (everyone)	
	Evening	Free Time		
	10:30 pm	Lights Out		

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<p><b>Day 3</b> <b>Wednesday</b> <b>July 9th</b></p>	<p>7:30am – 8:15am 8:45 am – 9:00am 9:00 am – 10:30 am 10:15am - 10:30am 10:30 am – 12:00pm 12:00pm - 12:45pm 12:45pm - 1:00pm 1:00 pm – 3:00 pm 2:45pm - 3:00pm 3:00 pm – 5:00 pm 4:45 pm - 5:45pm 6:00-7:30pm 10:30 pm</p>	<p>Breakfast Dynamic Warmup Routine (Boys) Session 5 - Boys Dynamic Warmup Routine (Girls) Session 5 - Girls Lunch Dynamic Warmup Routine (Boys) Session 6 - Boys Dynamic Warmup Routine (Girls) Session 6 - Girls Supper Campers vs Counselors Game Lights Out</p>	<p>Gracies (everyone) Gym  Gracies Gym  Gracies (everyone) Gym</p>	
<p><b>Day 4</b> <b>Thursday</b> <b>July 10th</b></p>	<p>7:30am – 8:15am 8:45 am – 9:00am 9:00 am – 10:30 am 10:15am - 10:30am 10:30 am – 12:00pm 12:00pm - 12:45pm 12:45pm - 1:00pm 1:00 pm – 3:00 pm 2:45pm - 3:00pm 3:00 pm – 5:00 pm 4:45 pm - 5:45pm 6:30 pm – 7:30pm Evening 10:30 pm</p>	<p>Breakfast Dynamic Warmup Routine (Girls) Session 7 - Girls Dynamic Warmup Routine (Boys) Session 7 - Boys Lunch Dynamic Warmup Routine (Girls) Session 8 - Girls Dynamic Warmup Routine (Boys) Session 8 - Boys Supper Sport Psychology Free Time Lights Out</p>	<p>Gracies(everyone) Gym  Gracies Gym  Gracies (everyone) TBD</p>	

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<b>Day 5 Friday July 11th</b>	7:30am – 8:15am	Breakfast	Gracies (Everyone)
	8:45 am – 9:00am	Dynamic Warmup	Gym
	9:00 am – 10:30am	Boys Semi Finals (5v5 Full court)	
	9:00 am – 10:00 am	Girls IPP Meetings	
	10:30 am – 12pm	Girls Semi Finals (5v5 Full court)	
	10:30am - 11:30am	Boys IPP Meetings	
	11:30am-12:30pm	Lunch	Gracies
	12:45pm - 1:00pm	Team Warm up	Gym
	1:00pm - 2:30pm	Boys 3rd place and Finals	
	2:30 pm – 4:00pm	Girls 3rd place and Finals	
	2:30 – 4:00 pm	Check out and pick up	Gym / Residence

Please Note:

\*\*\*\*Local players can be picked up at the Gym at the conclusion of days activities (refer to the schedule for specific end time)

\*\*\*\* Players staying on residence can be picked up at 2:30pm (Boys) or 4pm(Girls) on campus immediately following camp. Players must turn in keys/cards before leaving or the university charges the athletes directly for missing keys. Room must look like it did when players arrive!  
Local players can be picked up at Gym at the conclusion of their final session

\*\*\*\* Parents are welcome to watch games on Friday

\*\*\*\* Overnight campers who have parents coming to watch games on Friday are welcome to check out of dorms during breaks or downtime in between their sessions to ease with the process at the end. Just make sure you return your keycards to counselors once you are done in your room