

JULY 17TH-21ST

IRONMEN BASKETBALL SUMMER CAMP

AT ORANGEWOOD ACADEMY



MONDAY-FRIDAY

9AM-4PM

EXTENDED HOURS: 8AM-5PM



TYPICAL DAY

9:00-ROLL CALL AND STRETCHING

9:20-IRONMEN STATION WORK

10:30-LEAGUE GAMES

12:00-LUNCH

1:00-GUEST SPEAKER

1:30-SPECIFIC IMPROVEMENT

2:20-LEAGUE GAMES

3:50-CAMPER OF THE DAY

4:00-CAMP DISMISSED

BOYS & GIRLS

GRADES 3RD-8TH

**CAMP SHIRT & BALL ARE
INCLUDED. LUNCH
PURCHASE IS OPTIONAL.**

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