

INTEGRITYSPORTS

ITINERARY 2010

*Schedule Subject to Change

Day 1

Registration
Camp Greeting
Skill and Development Drills
Snack
Speed & Agility Drills
Professionalism & Character Development Sessions



Day 2

Speed & Agility Drills
Skill & Development Drills
Snack
Scouting, Goal Setting & Nutrition Sessions
Tournament Team Practices

Day 3

Athletes Panel
Speed & Agility Drills
Snack
Final Camp Tournament
Awards Ceremony
Closing Remarks

P.O. BOX 2643
ORLAND PARK, IL 60462
T 815.370.0755