OAK HILL ACADEMY

BASKETBALL CAMP DAILY SCHEDULE



Sunday

- 2:00 – 5:00pm Registration/Check-In at Turner Gym/Campus Store Open
- 5:15pm Dinner
- 6:30pm Player Try-Outs
- 7:45pm Camp Draft
- 8:15pm Team Practices
- 9:00pm Assemble in Turner Gym
- 11:00pm LIGHTS OUT!!!

Monday - Wednesday

- 7:30am Wake-Up Call
- 8:00-8:30am Breakfast
- 8:35am Roll Call in Turner Gym
- 8:40am Warm-Up/Comprehensive Dynamic Movement Prep
- 8:55am Ball Handling
- 9:10am Individual Stations
- 10:20am 5 X 5 Games
- 11:45am-12:15pm Lunch
- 12:15-1:00pm Free/Rest Time
- 1:00-2:30pm 3 X 3 Games/Camp Records/ or Recreation
- 1:30 - 3:00 - English Class (For Families Who Sign Up)
- 1:30-4:30pm Campus Store Open
- 3:00pm 3 X 3 Games/Camp Records/ or Recreation (Campus Store Open)
- 5:30-6:00pm Dinner
- 6:15-6:45pm Turner Gym - Coach Chalk Talk
- 6:45-9:00pm 5 X 5 Games
- 8:00-9:00pm Campus Store Open
- 11:00pm LIGHTS OUT!!!

Thursday

- 7:30am Wake-Up Call
- 8:00-8:30am Breakfast
- 8:35am Roll Call in Turner Gym
- 8:30-12pm Campus Store Open
- 8:40am Warm-Up/Stretching
- 8:50-11:30am Camp Record Finals/3x3 and 5x5 Tournaments
- 11:45am-12:15pm Lunch / Campers Check Out

WEEKEND ACTIVITIES

Thursday Evening:

- Dinner and Movie Trip to Boone, NC (40 minutes away)

Friday:

- Individualized skill development
- Individualized Strength and Conditioning workout
- Shooting Analytics Study
- Lunch brought to campus
- College Visit Planned to High Point University, High Point North Carolina
- On campus activities available: Horseback Riding, Swimming, Fishing
- Cookout on Campus with Oak Hill Academy historical highlights film
- Open gym available to all until 11pm

Saturday:

- Individualized Skill Development
- Individualized Strength and Conditioning workout
- Shooting analytics study
- College Visit Planned to Appalachian State University, Boone, NC
- Lunch in Boone, NC
- Zip Line at Hawks' Nest Resort
- Dinner in Boone, NC
- Open gym available to all until 11pm

Sunday:

- Rest day
  - Optional: Invitation to attend worship service at Youngs' Chapel Baptist Church on campus

Please note that college campus visits may vary week to week. Options in the area include Virginia Tech University, Emory & Henry University, Wake Forest University and University of North Carolina at Chapel Hill