

2025 TIGER CUB CAMP

DAY 1 - MONDAY, JULY 7TH

<u>Time</u>	<u>Description</u>	<u>Location</u>
8:30 AM	CHECK IN & REGISTRATION	JADWIN LOBBY
9:00 AM	WELCOME / CAMP INTRO & RULES	MAIN COURT
9:05 AM	SPLIT UP INTO DIVISIONS & DYNAMIC WARM UP IVY LEAGUE - East court, warm up led by staff WNBA - Main court - Dynamic warm up led by Princeton players	
9:20 AM	STATIONS / SKILLS WORK 8 min / station, 3 min water break after 2nd station IVY LEAGUE - East court and track <ul style="list-style-type: none">→ Offense 1→ Offense 2→ Defense→ Chalk Talk WNBA - Main & West Courts <ul style="list-style-type: none">→ Offense 1→ Offense 2→ Defense→ Agilities	
10:00 AM	WATER BREAK	
10-10:30 AM	SKILLS COMPETITIONS	
10:30- 10:45 AM	FREE THROWS DAY 1	
10:45 - 11:20 AM	5v5 GAMES	
11:20 AM	WALK TO LUNCH	
11:30 AM - 12:30 PM	LUNCH	YEH COLLEGE
12:30 PM	ATTENDANCE / TRIVIA	
12:45 PM	DYNAMIC WARM UP	
1:00 PM	3v0 Demo & 3V3 TOURNEY RULES	
1:10 PM	3V3 - ROUND 1	
1:45-2:45 PM	POOL TIME !!!	
2:55 PM	ANNOUNCEMENTS / DISMISSAL	