

# PRINCETON UNIVERSITY

## GIRLS BASKETBALL ELITE CAMPS

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June 30 / July 1 | Elite 1

July 28 / July 29 | Elite 2

*For day campers the fee includes instruction, lunch (day 1 & 2)/dinner (day 1) and a camp t-shirt. For overnight campers the fee includes instruction, meals, housing and a camp t-shirt.*

#### Girls Basketball Elite Camps

The Girls Basketball Elite Camps are designed for highly motivated student-athletes with aspirations of playing basketball at the collegiate level. The Princeton Women's Basketball staff, Princeton players, and Division 3 head coaches from around the country will instruct campers on individual skill development as well as working within the team dynamic. This camp will simulate a college environment while helping to develop a more complete player at the next level.

#### Day 1 - Friday

**8:30a | Check-In at Baker Rink (Overnight Campers)**

9:45a | Begin Walking Overnight Campers to Jadwin Gym

**10:00a | Check-In at Jadwin Gym (Day Campers)**

10:30a | Camp Introduction

10:40a | Dynamic Warmup

10:50a | Offensive Stations

11:35a | Team Practice / Warmup

11:45a | Game #1

12:15p | Lunch

1:35p | Defensive Lecture & Demo

2:15p | Game #2

3:00p | 3v3 Tournament Intro & Demo

3:10p | 3v3 Tournament

3:30p | 3 Point Shooting Demo

3:40p | Group 1: 3 Point Shooting Competition

| Group 2: Highlight Video & Coach Q&A

4:00p | Group 2: 3 Point Shooting Competition

| Group 1: Highlight Video & Coach Q&A

4:25P | Game #3

5:00p | Campus Tour / Walk to Dinner

5:30p | Dinner

6:40p | Q&A with Princeton Players

7:00p | Partner Hot Shot Competition

**7:30p | Announcements & Day Camper Pick-up**

| Open Gym (for Overnight Campers)  
8:15p | Wrap-Up & Walk to Dorms  
8:30p | Wawa Run  
10:00p | Lights Out

## **Day 2 Saturday**

### **7:00a | Wake Up for Overnight Campers**

7:45a | Walk to Dining Hall

8:00a | Breakfast

### **8:30a | Day Camper Drop-Off at Jadwin Gym**

9:15a | Dynamic Warmup

9:30a | Positional Skill Stations

10:00a | 1v1 Demo & Tournament

10:30a | Game #4 / Team Practice

11:15a | Break! Moneyball!!!!

11:45a | Walk to Lunch

12:00p | Lunch

1:15p | Attendance in Jadwin Gym

| Team Defense Lecture & Demo

1:40p | Dynamic & Shell (2 teams per basket)

2:00p | "Get Stops" Scrimmage

2:30p | Competition Finals

3:00p | Final Game (based on standings)

3:40p | Awards & Wrap-Up

### **4:00p | Check-Out at Baker Rink (Overnight Campers)**

| Check-Out at Jadwin Gym (Day Campers)