

Summer FOGO Camp Schedule 2016



Saturday

8:45am	Registration – Paterakis Athletic Center at Gerstell Academy
9:00	Field Session I
12:15pm	Lunch & Film Review: Scouting your Opponent / Scouting yourself
1:00	Field Session II
4:45	Weight Room Session
5:30	Dinner; Presentation on Recruiting & Daily Review
6:00pm	Overnight Campers on Bus / Day Campers Dismissed
11:00	Lights out

Sunday

7:30am	Wake Up
8:15	Breakfast (for overnight Campers)
9:00	Field Session III
12:00pm	Lunch / Referee Presentation
1:00	Field Session IV
3:45	Discussion around practice regimen, drills, weight lifting, film study
4:00pm	Camp Wrap Up