

LoJo Vault Assault 2011 Summer Camp Schedule

Tuesday, July 5th

11:00 a.m. - 1:30 p.m.	Check-in at the Inn at USC
2:00 p.m. - 2:30 p.m.	Everyone meet in at the Field House/ Welcome to Camp / Safety Information / Discussion (dress to work out)
2:30 p.m. - 5:30 p.m.	Afternoon Session
5:45 p.m. - 6:45 p.m.	Dinner (Day Camper's cost - \$10)
*Day Campers meet at the Field House at 7:00 p.m.	
7:00 p.m. - 7:30 p.m.	Warm Up
7:30 p.m. - 9:15 p.m.	Evening Session
9:15 p.m. - 9:30 p.m.	Shuttle to the Inn at USC
9:30 p.m. - 10:15 p.m.	Shower / Lights Out Campers

Wednesday, July 6th - Thursday, July 7th

6:45 a.m.	Wake Up
7:00 a.m. - 8:45 a.m.	Breakfast at the Inn at USC
8:45 a.m.	Meet in the Lobby to take Shuttle to the Field House (dressed for workout)
8:45 a.m. - 9:00 a.m.	Shuttle to Field House
*Day Campers meet at the Field House at 9:15 a.m.	
9:15 a.m. - 9:45 a.m.	Warm Up
9:45 a.m. - 11:45 a.m.	Morning Session
11:45 p.m. - 12:00 p.m.	Shuttle to The Inn at USC
12:00 p.m. - 1:00 p.m.	Lunch
1:00 p.m. - 1:45 p.m.	Free Time
1:45 p.m. - 2:00 p.m.	Shuttle to Field House
2:00 p.m. - 2:30 p.m.	Warm Up
2:30 p.m. - 4:30 p.m.	Afternoon Sessions
4:30 p.m. - 4:45 p.m.	Shuttle to The Inn at USC
4:45 p.m. - 5:30 p.m.	Get Ready for Dinner
5:30 p.m. - 6:30 p.m.	Dinner (Day Campers cost - \$10 each night)
*Day Campers meet at The Inn at USC at 6:30 p.m. for Free Time / Video Review	
6:30 p.m. - 8:30 p.m.	Video Session
8:30 p.m. - 10:30 p.m.	Free Time
*Day Campers are free to go at any time during or after Free Time / Video Review	
10:30 p.m.	Lights Out Campers
*Coaches Clinic / Seminar / Discussion will begin at 9:45 p.m. - 11:00 p.m.	

Friday, July 8th

6:45 a.m.	Wake Up
7:00 a.m. - 8:45 a.m.	Breakfast at the Inn at USC
8:45 a.m.	Meet in the Lobby to take Shuttle to the Field House (dressed for workout. PLEASE have your bags packed. Checkout will be at 1:00 p.m.)
8:45 a.m. - 9:00 a.m.	Shuttle to Field House
*Day Campers meet at the Field House at 9:15 a.m.	
9:15 a.m. - 9:45 a.m.	Warm Up
9:45 a.m. - 11:30 a.m.	Free Time Sessions (Campers will be able to choose a station to have more learning time: Vault, Sprints, Gymnastics)
11:30 p.m. - 11:45 p.m.	Shuttle to The Inn at USC
11:45 p.m. - 12:45 p.m.	Lunch
12:45 p.m. - 1:00 p.m.	Check out/Free Time
1:00 p.m. - 1:15 p.m.	Shuttle to Field House (bring your bags)
1:15 p.m. - 1:45 p.m.	Warm Up
1:45 p.m. - 5:30 p.m.	Afternoon Sessions
5:30 p.m. - 6:00 p.m.	Answer Parent's Questions and Report on Progress of Campers
6:00 p.m.	End of Camp

