

2021 L10 High Tech Camp Schedule

Friday, September 10th	
12:30-1:00 PM	Check In
1:00-1:20 PM	Stretch
1:30-2:05 PM	Rotation 1
2:10-2:45 PM	Rotation 2
2:50-3:25 PM	Rotation 3
3:30-4:05 PM	Rotation 4
4:10-4:30 PM	Break
4:30-5:05 PM	Rotation 5
5:10-5:45 PM	Rotation 6
5:50-6:25 PM	Rotation 7
6:30-7:05 PM	Rotation 8
7:05-7:20 PM	Stretch/Dismiss

Saturday, September 11th	
2:30-2:50 PM	Stretch
2:55-3:30 PM	Rotation 1
3:35-4:10 PM	Rotation 2
4:15-4:50 PM	Rotation 3
4:55-5:30 PM	Rotation 4
5:30-5:50 PM	Break
5:50-6:25 PM	Rotation 5
6:30-7:05 PM	Rotation 6
7:10-7:45 PM	Rotation 7
7:50-8:25 PM	Rotation 8
8:25-8:40 PM	Stretch/Dismiss

2021 L10 High Performance Camp Schedule

Saturday, September 11th	
7:30-8:00 AM	Check In
8:00-8:20 AM	Stretch
8:30-9:05 AM	Rotation 1
9:10-9:45 AM	Rotation 2
9:50-10:25 AM	Rotation 3
10:30-11:05 AM	Rotation 4
11:05-11:25 AM	Break
11:25-12:00 PM	Rotation 5
12:05-12:40 PM	Rotation 6
12:45-1:20 PM	Rotation 7
1:25-2:00 PM	Rotation 8
2:00-2:15 PM	Stretch/Dismiss

Sunday, September 12th	
8:00-8:20 AM	Stretch
8:25-9:00 AM	Rotation 1
9:05-9:40 AM	Rotation 2
9:45-10:20 AM	Rotation 3
10:25-11:00 AM	Rotation 4
11:00-11:20 AM	Break
11:20-11:55 AM	Rotation 5
12:00-12:35 PM	Rotation 6
12:40-1:15 PM	Rotation 7
1:20-1:55 PM	Rotation 8
1:55-2:10	Stretch/Dismiss