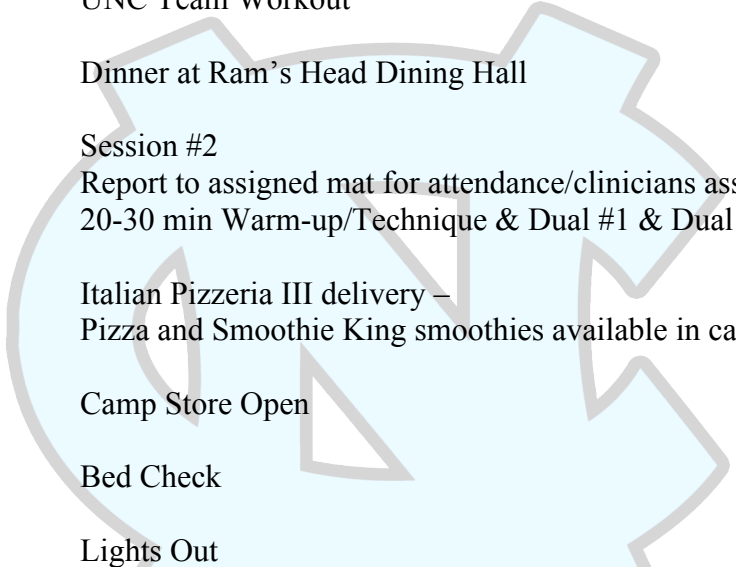


TEAM CAMP SCHEDULE

Day 1

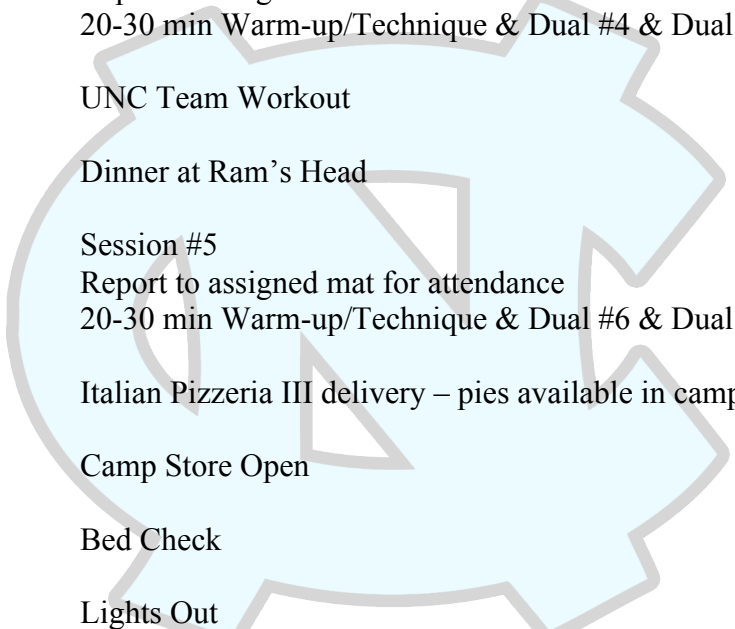
11am-1pm	Registration & Check-in at Carmichael Dorm Lunch will NOT be open
1:30pm	Campers report to lobby, walk to Eddie Smith Field House
2pm	Counselors and clinician introductions. Review camp expectations. Report to assigned mat for attendance/clinicians assigned
2-4pm	Session #1 (Coaches Meeting) Technique session: Levels I, II, III
4-5:30pm	UNC Team Workout
5:30-6:30pm	Dinner at Ram's Head Dining Hall
7-9pm	Session #2 Report to assigned mat for attendance/clinicians assigned 20-30 min Warm-up/Technique & Dual #1 & Dual #2
9:30pm	Italian Pizzeria III delivery – Pizza and Smoothie King smoothies available in camp store
9:30-11pm	Camp Store Open
11:30pm	Bed Check
Midnight	Lights Out



TEAM CAMP SCHEDULE

Day 2

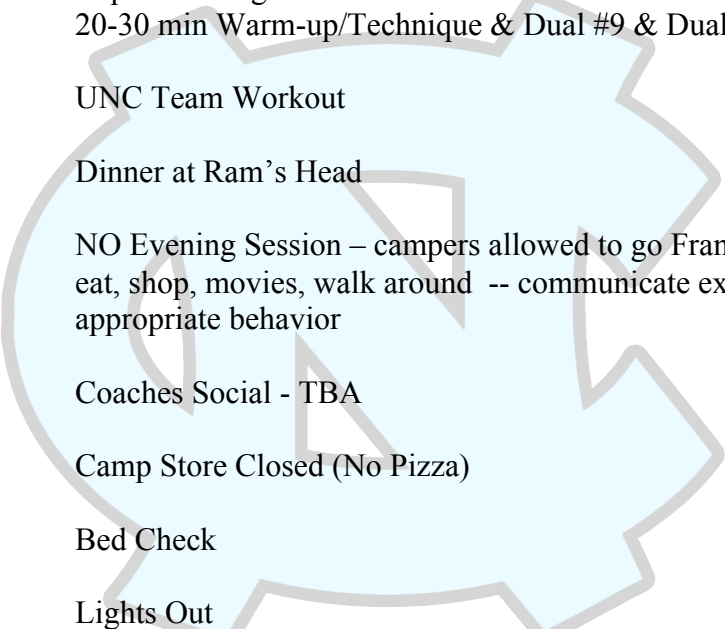
7am	Continental Breakfast in Carmichael Dorm Lobby
8:30-10:30am	Session #3 Report to assigned mat for attendance 1 hr Technique & Dual #3
11:30am-12:30pm	Lunch at Ram's Head
2-4pm	Session #4 Report to assigned mat for attendance 20-30 min Warm-up/Technique & Dual #4 & Dual #5
4-5:30pm	UNC Team Workout
5:30-6:30pm	Dinner at Ram's Head
7-9pm	Session #5 Report to assigned mat for attendance 20-30 min Warm-up/Technique & Dual #6 & Dual #7
9:30	Italian Pizzeria III delivery – pies available in camp store
9:30-11pm	Camp Store Open
11:30pm	Bed Check
Midnight	Lights Out



TEAM CAMP SCHEDULE

Day 3

7am	Continental Breakfast in Carmichael Dorm Lobby
8:30-10:30am	Session #6 Report to assigned mat for attendance 1 hr Technique & Dual #8
11:30am-12:30pm	Lunch at Ram's Head
2-4pm	Session #7 Report to assigned mat for attendance 20-30 min Warm-up/Technique & Dual #9 & Dual #10
4-5:30pm	UNC Team Workout
5:30-6:30pm	Dinner at Ram's Head
7-9pm	NO Evening Session – campers allowed to go Franklin Street to eat, shop, movies, walk around -- communicate expectations & appropriate behavior Coaches Social - TBA
9:30-11pm	Camp Store Closed (No Pizza)
11:30pm	Bed Check
Midnight	Lights Out



TEAM CAMP SCHEDULE

Day 4

7am	Continental Breakfast in Carmichael Dorm Lobby
8:30-10:30am	Session #8 Report to assigned mat for attendance 20-30 min Warm-up/Technique & Dual #11 & Dual #12
11:30am-12:30pm	Lunch at Ram's Head
2-4pm	Session #9 Report to assigned mat for attendance Individual Tournament (As far as time permits)
4-5:30pm	UNC Team Workout
5:30-6:30pm	Dinner at Ram's Head
7-9pm	Session #10 Report to assigned mat for attendance Technique & Individual Tournament to completion
9:30	Italian Pizzeria III delivery – pies available in camp store
9:30-11pm	Camp Store Open
11:30pm	Bed Check
Midnight	Lights Out

Day 5

7am	Continental Breakfast in Carmichael Dorm Lobby
8:30-10:30am	Session #11 Report to assigned mat for attendance Technique
11-Noon	Checkout Lunch will NOT be open