

**Sunday, June 21, 2009**

12:00 p.m. - Check In

2:00 p.m. – Testing

*Ht, Wt, 40, Broad, Vert, Bench, Shuttle*

2:45 p.m. – Stretch/Coaches Meeting

4:45 p.m. – Break for Dinner

6:30 p.m. – Focus/ Reality

8:30 p.m. – Movie or Film Session with Team

9:30 p.m. – Players to Dorms

9:45 p.m. – Chalk Talk Coaches – Shen/ Courtney

10:30 p.m. – Lights Out

**Monday, June 22, 2009**

7:00 a.m. – Wake Up

7:30 a.m. – Breakfast

9:00 a.m. – Stretch

9:30 a.m. – Focus/Reality

12:00 p.m. – Break for Lunch

2:15 p.m. – Stretch

2:45 p.m. – Focus/ Reality

4:45 p.m. – Break for Dinner

6:45 p.m. – Stretch

7:00 p.m. – Focus Reality

8:30 p.m. – Movie or Film

9:30 p.m. – Depart for Dorms

9:45 p.m. – Chalk Talk Coaches – Shen/ Courtney

10:30 p.m. – Lights Out

**Tuesday, June 23, 2009**

7:00 a.m. – Wake Up

7:30 a.m. – Breakfast

9:00 a.m. – Stretch

9:30 a.m. – Focus/ Reality

12:00 p.m. – Break for Lunch

2:15 p.m. – Stretch

2:45 p.m. – Focus/ Reality

4:45 p.m. – Break for Dinner

6:45 p.m. – Stretch

7:00 p.m. – Focus Reality

8:30 p.m. – Movie or Film

9:30 p.m. – Depart for Dorms

9:45 p.m. – Chalk Talk Coaches – Shen/ Courtney

10:30 p.m. – Lights Out

**Wednesday, June 24, 2009**

7:00 a.m. – Wake Up

7:30 a.m. – Breakfast

8:30 a.m. – Stretch

9:00 a.m. – Focus Reality

10:30 a.m. – Check Out