



Date: _____

Staff:

Warm-Up Game(s): (9:15am-9:45am) _____

Morning Stations: (9:45-11:30)

#1: _____

#2: _____

#3: _____

#4: _____

#5: _____

Beat the Coaches (WC): (11:30-12:00)

Lunch-Time (12:00-1pm): **Movie:** _____

Low Intensity Hour (1pm-2pm): **Pick-em:** _____

Afternoon Stations: (2pm-4:00pm)

#1: _____

#2: _____

#3: _____

#4: _____

#5: _____

Pop Shot (4pm): _____