

**DSP July Camp Itinerary:**  
**July 16<sup>th</sup> – 20<sup>th</sup>**

**MONDAY**

**9:00 – 9:15 am**  
Warm up & Prehab

**9:15 – 10:30 am**  
Weight Training

**10:30 – 10:45 am**  
Snack & Video

**10:45 – 11:45 am**  
Core/Shooting Skills

**11:45 – 12:00 pm**  
Flexibility  
Nutritional Analysis

**TUESDAY**

**9:00 – 9:15 am**  
Warm up & Prehab

**9:15 – 10:30 am**  
Plyometric/Speed

**10:30 – 10:45 am**  
Snack & Video

**10:45 – 11:45 am**  
Conditioning Circuit

**11:45 – 12:00 pm**  
Flexibility

**WEDNESDAY**

**9:00 – 9:15 am**  
Warm up & Prehab

**9:15 – 10:30 am**  
Weight Training

**10:30 – 10:45 am**  
Snack & Video

**10:45 – 11:15 am**  
Core/Shooting Skills

**11:15 – 11:30 pm**  
Flexibility

**11:30 – 12:00**  
Nutrition Talk

**THURSDAY**

**9:00 – 9:15 am**  
Warm up & Prehab

**9:15 – 10:30 am**  
Plyometric/Speed

**10:30 – 10:45 am**  
Snack & Video

**10:45 – 11:45 am**  
Conditioning Circuit

**11:45 – 12:00 pm**  
Flexibility

**FRIDAY**

**9:00 – 10:00 am**  
Scavenger hunt

**10:00 – 10:20 am**  
Conditioning Games

**10:20 – 11:30 am**  
Ball Hockey Game

**11:30 – 12:00 pm**  
Catered healthy lunch  
Awards

**EACH CAMPER RECEIVES:**

Shirt  
Snack each day  
Catered lunch on Friday

**Cost:** \$225.00



*dynamic*  
sports performance