



## Jeff Hawes Old School Basketball Camp

Mount St. Mary's University - 16300 Old Emmitsburg Road Emmitsburg, MD 21727

### Daily Schedule

7:00 am	Voluntary Gym Time
7:30 - 8:30	Breakfast
8:45 - 9:15	Stretching and Agilities
9:15 - 11:00	Offensive Fundamentals
11:00 - 12:00	5 on 5 League Play
12:00 - 1:00	Lunch / Relax
1:00 - 1:30	Hot Shot Tourney
1:30 - 2:00	3 on 3 League Play
2:00 - 3:30	Defensive Fundamentals
3:30 - 4:30	5 on 5 League Play
4:30 - 6:00	Dinner / Relax
6:00 - 6:30	1 on 1 Play
6:30 - 7:00	Guard/Post Instruction
8:00 - 8:45	Special Situations
8:45 - 9:45	5 on 5 League Play
9:45 - 11:00	Open Gym / Individual Help / Camp Store