

2018 DUKE WINTER CAMP

Tentative Daily Schedule

DECEMBER 27, 2018

2:00 pm Registration begins
 4:00 pm Registration ends
 4:30 pm Camp Meeting at Ambassador Ballroom
 Walk to Turf
 5:00 pm Staff Introductions

5:15-6:30 pm **SESSION I- Skills Stations**
 6:30 pm Announcements/Walk to IM Building

6:30 pm **DINNER-IM Building**

7:10 PM **TEAMS WALK TO FIELDS FOR WARM UP**

7:15 pm Team Warm Up

7:30 pm **TOURNAMENT PLAY-1st Round**

10:00 pm Tournament play ends
 Back to Washington Duke Hotel

11:00 pm Bed Check/Lights Out

DECEMBER 28, 2018

7:15 am **WAKE UP**

7:30 am Meet outside of PRESIDENTAL BALLROOM
 for Attendance/Walk to Breakfast

8:00 am **BREAKFAST-IM Building**

8:30 am Walk to Fields

8:45 am **STRENGTH & CONDITIONING SESSION**
S & C Coach Jeff Howser

9:30-12:00pm **SESSION II-Skill Stations/Small Space Work**

12:00 pm Announcements- Walk to IM for lunch

12:15 pm **LUNCH-IM BULDING**

1:00 pm **MENTAL TRAINING**
Dr. Greg Dale, Sports Psychologist

1:45 pm Walk to fields

2:00-4:15 pm **SESSION III-Concept/Team work**
 4:15 pm Announcements-walk back to Washington
 Duke...CAMP STORE OPEN

5:30 PM **TEAMS MEET TO WALK TO DINNER at IM
 Building**

5:30 pm **DINNER-IM Building**
 6:15 pm Airport Shuttle Meeting

6:30 pm **TEAMS MEET TO WALK TO FIELDS**

6:45 pm Team Warm Up

7:00 pm **TOURNAMENT PLAY-2nd Round**

8:30 pm Tournament play ends
 Back to Washington Duke

11:00 pm Bed Check/Lights Out

DECEMBER 29, 2018

7:15 am **WAKE UP**

7:30 am Meet outside of PRESIDENTAL BALLROOM
 for Attendance/Walk to Breakfast

8:00 am **BREAKFAST-IM Building**

8:30 am Walk to Fields

9:00-10:30 am **TEAM PRACTICE**

10:30 am Walk back to Washington Duke, clean up
 room and bring bags to ballroom

11:15 am Meet outside of Presidential Ballroom

11:30 AM **LUNCH/SNACK—IM BULDING**

12:00 PM **CAMP AWARDS**

12:10 PM **WALK to FIELDS**

12:20 PM **WARM UP for TOURNAMENT GAMES**

12:30 PM **CAMP TOURNAMENT BEGINS**

2:00 PM **TOURNAMENT ENDS, CHECK OUT BEGINS**

WASHINGTON DUKE HOTEL

All Coaches and Counselors will be housed in the
 Washington Duke Hotel as well!

CAMP STORE- Snacks & Drinks during all down time

Pizza after evening session in Matlock Room
Duke Lax Gear

IMPORTANT PHONE NUMBERS

Duke Lacrosse Office	919-668-5791
Day Emergencies	919-880-5921
Night Emergencies	919-812-0151 617-939-1899
Washington Duke	919-490-0999



Let's go DUKE!