

## Avon 2024 Summer Camp 07/20 - 07/26 Schedule

### Day 1: Saturday 7/20

- 1:00 - 2:00PM: Check in at the Diogenes Circle ( setting up rooms)
- 2:30: Orientation
- 3:00-5:00: Afternoon training session
- 5:30-6:15: Dinner
- 7:00-9:00: Evening activity
- 10:00: Curfew
- 11:00: Lights out

### Monday through Friday

- 7:30AM: Wake Up
- 8:00-8:30: Breakfast
- 9:00-11:00: Morning training session
- 11:45-12:30: Lunch
- 2:00-3:00PM: Seminars and video analysis
- 3:00-5:00: Afternoon training session
- 5:30-6:15: Dinner
- 7:00-9:00: Evening activity
- 10:00: Curfew
- 11:00: Lights out

### Last Day, Friday 7/26

- 7:30AM: Wake Up
- 8:00-8:30: Breakfast
- 9:00 - 11:00: Camp tournament
- 11:45-12:30: Lunch
- 12:30 - 1:30: Pick up at the Diogenes Circle ( cleaning out the rooms )