**Camp Day – Monday**

* 8:00 AM - 8:30 AM: Registration & Check-In (Alumni Lounge)
	+ Campers arrive.
	+ Distribute lanyards.
	+ Assign campers to tables/groups
	+ Announcements
		- Introduce camp staff - counselors, volunteers and RSS staff
		- Review camp rules and safety procedures.
* 8:45 AM - 9:15 AM: Warm-up & Skill Development (East and West Gymnasiums)
	+ Dynamic stretches, light cardio (jogging, jumping jacks)
	+ Focus on fundamental skills for the day's sport(s) and activities
* 9:30 AM – 10:00 AM: Snack Break (East & West Gymnasiums)
	+ Healthy snacks provided (fruit, granola bars, water)
* 10:15 AM - 11:30 AM: Game/Activity (East & West Gymnasiums)
	+ Small-sided games and activities
	+ Skill-based relays and competitions
	+ Full games and activities
	+ Challenging skill drills (e.g., obstacle courses, target practice)
* 12:00 PM - 1:30 PM: Lunch (Alumni Lounge)
	+ Campers bring their own lunches.
		- Generally, lunch does not require refrigeration or microwaving.
* 1:30 PM – 4:00 PM: Group Activity
	+ Becker/ Campus Lake
* 4:00 PM - 4:30 PM: Afternoon Snack (Alumni Lounge)
	+ Healthy snacks provided (fruit, granola bars, water)
	+ Announcements
		- Tomorrow’s activity and preparation
* 4:30 PM: Check-out (Alumni Lounge)
	+ Collect lanyards
	+ Remind parents about tomorrow’s activity and any preparation

**Camp Day – Tuesday**

* 8:00 AM - 8:30 AM: Registration & Check-In (Alumni Lounge)
	+ Campers arrive.
	+ Distribute lanyards.
	+ Assign campers to tables/groups
	+ Announcements
* 8:45 AM - 9:15 AM: Warm-up & Skill Development (East and West Gymnasiums)
	+ Dynamic stretches, light cardio (jogging, jumping jacks)
	+ Focus on fundamental skills for the day's sport(s)
* 9:30 AM – 10:00 AM: Snack Break (East & West Gymnasiums)
	+ Healthy snacks provided (fruit, granola bars, water)
* 10:15 AM - 11:30 AM: Game/Activity (East & West Gymnasiums)
	+ Small-sided games and activities
	+ Skill-based relays and competitions
	+ Full games and activities
	+ Challenging skill drills (e.g., obstacle courses, target practice)
* 12:00 PM - 1:30 PM: Lunch (Alumni Lounge)
	+ Campers bring their own lunches or eat provided lunch options.
		- Generally, lunch does not require refrigeration or microwaving.
* 1:30 PM – 4:00 PM: Group Activity
	+ SIU Bowling and Billiards
* 4:00 PM - 4:30 PM: Afternoon Snack (Alumni Lounge)
	+ Healthy snacks provided (fruit, granola bars, water)
	+ Announcements
		- Tomorrow’s activity and preparation
* 4:30 PM: Check-out (Alumni Lounge)
	+ Collect lanyards
	+ Remind parents about tomorrow’s activity and any preparation
		- Old Clothes suitable for Project Human X

**Camp Day –Wednesday**

* 8:00 AM - 8:30 AM: Registration & Check-In (Alumni Lounge)
	+ Campers arrive.
	+ Distribute lanyards.
	+ Assign campers to tables/groups
	+ Announcements
* 8:45 AM - 9:15 AM: Warm-up & Skill Development (East and West Gymnasiums)
	+ Dynamic stretches, light cardio (jogging, jumping jacks)
	+ Focus on fundamental skills for the day's sport(s)
* 9:30 AM – 10:00 AM: Snack Break (East & West Gymnasiums)
	+ Healthy snacks provided (fruit, granola bars, water)
* 10:15 AM - 11:30 AM: Game/Activity (East & West Gymnasiums)
	+ Small-sided games and activities
	+ Skill-based relays and competitions
	+ Full games and activities
	+ Challenging skill drills (e.g., obstacle courses, target practice)
* 12:00 PM - 1:30 PM: Lunch (Alumni Lounge)
	+ Campers bring their own lunches or eat provided lunch options.
		- Generally, lunch does not require refrigeration or microwaving.
* 1:30 PM – 4:00 PM: Group Activity
	+ Project Human X
* 4:00 PM - 4:30 PM: Afternoon Snack (Alumni Lounge)
	+ Healthy snacks provided (fruit, granola bars, water)
	+ Announcements
		- Tomorrow’s activity and preparation
* 4:30 PM: Check-out (Alumni Lounge)
	+ Collect lanyards
	+ Remind parents about tomorrow’s activity and any preparation

**Camp Day – Thursday**

* 8:00 AM - 8:30 AM: Registration & Check-In (Alumni Lounge)
	+ Campers arrive
	+ Distribute lanyards.
	+ Announcements
	+ Distribute shirts & bags
	+ Camp Photo (REC Center Entrance)
* 8:30 AM – 10:30 AM: Free Play (East and West Gymnasiums)
	+ Various games and activities
* 10:30 AM - 11:00 AM: Snack Break (East & West Gymnasiums)
	+ Healthy snacks provided (fruit, granola bars, water)
* 11:00 AM - 12:00 PM: Free Play (East & West Gymnasiums)
	+ Various games and activities
* 12:00 PM - 1:30 PM: Lunch (Alumni Lounge)
	+ Campers bring their own lunches or eat provided lunch options.
		- Generally, lunch does not require refrigeration or microwaving.
* 1:30 PM – 4:00 PM: Group Activity
	+ Field Day Games and Activities
* 4:00 PM - 4:30 PM: Afternoon Snack (Alumni Lounge)
	+ Healthy snacks provided (fruit, granola bars, water)
* 4:30 PM: Check-out (Alumni Lounge)
	+ Say goodbye to campers.
	+ Thank parents for their patronage.