**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.