



# Typical Day

@ Pakmen Volleyball Camp

Start Time	End Time	Events
8:00AM	9:00AM	Early Drop-off/Check-in/Free Time
9:00AM	11:15AM	<p>The morning will be dedicated to learning and implementing volleyball skills. Each day coaches will teach 2 different skills of volleyball. They will learn skills as well as do drills to enhance those skills each day. There will also be modified game play during this time, game play will be based on the skills that were learnt that day.</p> <p><b>*Campers at the David Leeder &amp; Thomas Street locations will get both indoor and beach volleyball at this time.</b></p>
11:15AM	12:00PM	<p>LUNCH. This time is dedicated to lunch, campers who ordered pizza in the morning will collect their lunch at the designated lunch station at each location.</p>
12:00PM	1:00PM	<p>TOURNAMENT TIME. This time is dedicated to the daily tournament. Coaches will organize teams within the groups and athletes will play this entire hour.</p> <p><b>*Campers at the David Leeder &amp; Thomas Street Location will alternate between an indoor volleyball tournament &amp; beach volleyball tournament</b></p>
1:00PM	1:20PM	<p>This time marks the half way point of the day. Half day campers will sign out and full-day campers will have time for a break of free time on the courts.</p>
1:20PM	2:50PM	<p>This 1.5HR time slot will be dedicated to non-volleyball activities. Activities will vary throughout the week. Some activities will be held indoor and some will be held outdoors (dependent on weather).</p>
2:50PM	5:00PM	<p>The last portion of the day will be specifically for volleyball. Coaches will start with modified games to warm up the campers, and then lead to eventual tournament/game play until the end of the day.</p>
5:00PM	6:00PM	End of Day/Late Pick-up



1703-350 Rathburn Rd W, Mississauga, ON L5B3Y2  
contact@pakmen.com | www.pakmen.com | 905-276-7388