



Typical Day

@ Pakmen Volleyball Camp

Bruce Trail

Start Time	End Time	Events
8:00AM	9:00AM	Early Drop-off/Check-in/Free Time
9:00AM	12:00PM	The morning will be dedicated to learning and implanting 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.
12:00PM	1:00PM	TOURNAMENT TIME. This time is dedicated to the daily tournament. Coaches will organize teams within the groups and athletes will play this entire house.
1:00PM	2:00PM	LUNCH TIME & FREE TIME. Pizza for full-day campers; half-day campers can also stay and eat their pizza or take it to go.
2:00PM	3:30PM	This 1.5HR 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 location and weather).
3:30PM	5:00PM	The last porting 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.
5:00PM	6:00PM	End of Day / Late Pick-up



contact@pakmen.com | www.pakmen.com | 905-276-7388