



# Typical Day

@ Pakmen Volleyball Camp

Thomas Street

Start Time	End Time	Events
8:00AM	9:00AM	Early Drop-off/Check-in/Free Time
9:00AM	11:15AM	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. All campers will be an opportunity to do both indoor and beach volleyball during this time.
11:15AM	12:00PM	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.
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	1:20PM	This time marks the half way point of the day for the campers at the Pakmen Courts location. Half day campers will sign out and full-day campers will have time for a break of free time on the courts.
1:20PM	2:20PM	This 1HR 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).
2:20PM	4:00PM	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.
4:00PM	5:00PM	End of Day / Late Pick-up



[contact@pakmen.com](mailto:contact@pakmen.com) | [www.pakmen.com](http://www.pakmen.com) | 905-276-7388