

St. Bonaventure Women's Lacrosse Camp – Tentative Schedule October 2, 2021

11:00am – 12:00pm	Check In
12:00pm – 12:05pm	Staff Introduction
12:05pm – 12:15pm	Warm Up
12:15pm – 12:30pm	Stick Work
12:30pm – 1:15pm	Station Work
1:15pm – 1:20pm	Transition / Water Break
1:20pm – 2:00pm	Drills
2:00pm – 4:30pm	Lunch (provided on campus), Campus Tours, Info / Q&A Session
4:30pm – 6:30pm	Drills / Games / Scrimmages

*subject to change based on number of participants, including but not limited to start/finish time(s) and/or length of individual segments and/or drills