

St. Bonaventure Women's Lacrosse Camp – Tentative Schedule September 19, 2021

9:00am – 10:00am	Check In
10:00am – 10:05am	Staff Introduction
10:05am – 10:15am	Warm Up
10:15am – 10:30am	Stick Work
10:30am – 11:15am	Station Work
11:15am – 11:20am	Transition / Water Break
11:20am – 12:00pm	Drills
12:00pm – 2:30pm	Lunch (provided on campus), Campus Tours, Info / Q&A Session
2:30pm – 4:30pm	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