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**East Stroudsburg Team Camp Schedule**

**2023**

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| **Day 1** |
| 7:00 – 10:00 AM | Camp check in South Hall |
| 9:00 – 11:15 AM | Team practice time and practice field assignments |
| 11:15 AM | Mandatory Head Coaches meeting ground level of the café at 11:15 AM |
| 11:40 | Group A Lunch  |
| 12:15 PM | Group B Lunch– Enter the café at 12:15  |
| 2:00 – 3:15 PM | Team practice time at your 3:15 assigned field. |
| 3:15 – 4:15 PM | Team interaction period.  |
| **NOTE:** Group B must be on time for dinner. |
| 4:40 PM | Group A Dinner  |
| 5:15  | Group B Dinner– Enter the café at 5:15 |
| 6:30 – 7:30 PM | Team practice time on field assigned at 6:00 - 7:30  |
| 7:30 – 8:30 PM | Team Interaction |
| 11:00 PM | Camp curfew. Lights out! |
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| **Day 2** |
| 7:00 AM | Group A Breakfast  |
| 7:30 AM | Group B Breakfast – Enter the café at 7:30 AM |
| 8:30 – 10:00 AM | Team practice on field assigned at 10:00 AM |
| 10:00 – 11:15 AM | Team Interaction  |
| **NOTE:** Group B must be on time for lunch at 11:45. |
| 11:40 AM | Group A Lunch  |
| 12:15 PM | Group B Lunch– Enter the café at 12:15  |
| 2:15 – 3:15 PM | Team Practice time at your assigned 3:15 PM field. |
| 3:15 – 4:15 PM | Team Interaction  |
| **NOTE:** Group A must be on time for dinner at 4:45 PM |
| 4:40 PM | Group B Dinner  |
| 5:15 PM | Group A Dinner– Enter the café at 5:15 |
| 6:30 – 7:30 PM | Team Practice on field assigned at 7:30 |
| 7:30 – 8:30 PM | Team Interaction |
| 11:00 PM | Camp curfew. Lights out! |
| **Very Important:** |  |
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**East Stroudsburg Team Camp Schedule - 2023 (cont’d)**

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| **Day 3** |
| 7:00 AM | Group B Breakfast  |
| 7:30 AM | Group A Breakfast – Enter the café at 7:30 AM |
| 8:30 – 10:00 AM | Team practice on field assigned at 10:00 AM |
| 10:00 – 11:15 AM | Team Interaction  |
| **NOTE:** Group A must be on time for lunch at 11:45. |
| 11:40 | Group B Lunch  |
| 12:15 PM | Group A Lunch– Enter the café at 12:15  |
| 2:15 – 3:15 PM | Team Practice time at your assigned 3:15 PM field. |
| 3:15 – 4:15 PM | Team Interaction  |
| **NOTE:** Group B must be on time for dinner at 4:45 PM |
| 4:30 PM | Group B Dinner  |
| 5:00 PM | Group A Dinner– Enter the café at 5:15 |
| 7:00 – 8:00 PM | Team Practice on practice field assignment. Same as day one morning.  |

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| **VERY IMPORTANT: CHECK OUT PROCEDURE** |
| Option #1 | Eat dinner, practice, checkout at 8:00 PM using Express Check-Out |
| Option #2 | Check-out following dinner using Express Check-Out.No Practice.  |
| Option #3 | Check-out following afternoon interaction.\*NO DINNER\***Must tell Jim if you select Option #3 two weeks before camp. Café needs meal count.****Use Express Check-Out** |