

2025 Elite Throws Coaching Overnight Summer Camp Sample Schedule

Every camp, no matter the location, will start moving in the first day at noon, have 9 total throwing sessions, 8 meals throughout camp, and will wrap up the last day at noon (parents can pick up between 12:15 and 1:00). Meal times and session start times vary slightly per camp.

Day 1:

Move In/Check In for Athletes – 12:00-1:00 at the Dorm.

Commuters should arrive closer to 12:30.

Welcome/Rules Meeting/Say Goodbye to Parents – 1:15-2:00 – Outside of Dorm.

We will walk together to the throws area as a group as soon as the rules meeting is over. Please bring your throwing shoes and equipment to this meeting.

Main Event – Session #1 – 2:30-5:00

Dinner at Student Dining Center – 5:30-6:30

Main Event – Session #2 – 7:00-8:30 (Commuters will be picked up outside dorm)

PLEASE NOTE. AT THE END OF EVERY DAY, COMMUTERS WILL WALK BACK TO THE DORM WITH THE OVERNIGHT CAMPERS AS A GROUP AND SHOULD BE PICKED UP AT THE DORM. COMMUTERS ARE NOT ALLOWED TO BE PICKED UP AT THE FIELD.

Day 2:

Breakfast – 7:30-8:30 (Commuters meet outside the dorm by 8:30)

Main Event – Session #3 – 9:00-11:30

Lunch – 12:00-1:00

Main Event – Session #4 – 2:00-4:00

Dinner – 5:30-6:30

Secondary Event – Session #1 – 7:00-8:30 (Commuters will be picked up at the dorm)

Day 3: Same schedule as Day 2

Athletes will continue with their secondary events today.

Day 4:

Breakfast – 7:30-8:30 (Commuters meet outside the dorm by 8:30)

Open Throwing – Athlete's Choice – 9:00-12:00

12:00 – Head back to the dorm to clean up rooms and check out/dismissal.