

**Junior Nationals Camp  
Halifax, Nova Scotia  
May 23, 2025  
Schedule of Events**

Date: Friday, May 23, 2025

Time: Morning Group: 9:00 AM – 1:00 PM

- Division 1 (10-11 Athletes)

Afternoon Group: 12:30 PM – 5:00 PM

- Division 2 (14-15 Athletes)

<b>Group One – Division 1</b>	
<b>Time</b>	<b>Activity</b>
<b>9:00</b>	Arrive to facility / Change into appropriate clothing
<b>9:15</b>	Welcome / Introduction / Warm Up
<b>9:35</b>	Athletes will rotate through three 10-minute circuits: <ul style="list-style-type: none"> <li>1) Defensive Alignment</li> <li>2) Offensive Technique</li> <li>3) Defensive Technique</li> </ul>
<b>10:05</b>	Testing – Athletes will rotate through three testing stations <ul style="list-style-type: none"> <li>1) Speed of shot</li> <li>2) Shot Accuracy</li> <li>3) Wall Squat / Plank</li> </ul>
<b>10:35</b>	Hydration Break
<b>10:40</b>	12 Ball Drill – Fitness and court orientation test
<b>11:25</b>	+ / - Defensive Drill
<b>11:55</b>	Scrimmage
<b>12:15</b>	Cool Down
<b>12:30</b>	Lunch / Discussion regarding National Program / etc. NOTE: Both Morning and Afternoon Group will be having lunch during this discussion

<b>Group Two Division 2</b>	
<b>Time</b>	<b>Activity</b>
<b>12:30</b>	Lunch / Discussion regarding National Program / etc. NOTE: Both Morning and Afternoon Group will be having lunch during this discussion
<b>13:00</b>	Change into appropriate clothing
<b>13:15</b>	Welcome / Introduction / Warm Up
<b>13:35</b>	Athletes will rotate through three 10-minute circuits <ul style="list-style-type: none"> <li>1) Defensive Alignment</li> <li>2) Offensive Technique</li> <li>3) Defensive Technique</li> </ul>
<b>14:05</b>	Testing – Athletes will rotate through three testing stations: <ul style="list-style-type: none"> <li>1) Speed of shot</li> <li>2) Shot Accuracy</li> <li>3) Wall Squat / Plank</li> </ul>
<b>14:35</b>	Hydration Break
<b>14:40</b>	12 Ball Drill – Fitness and court orientation test
<b>15:40</b>	+ / - Defensive Drill
<b>16:10</b>	Scrimmage
<b>16:40</b>	Cool Down