**Sample Clinic Schedule**

**Time         Event**

9:45-10:15a                Athlete Check In….

                                      Staff Introductions

10:15-10:45a              Boot camp warm up with Carlos Silva & Staff

10:45-11:30              Technique Session I

11:30-12:15              Technique session II

12:15-12:45                 Lunch, Giveaways, raffle

12:45-1:15                    Sport Psychology Workshop with Rich DeStefano

1:15-1:45Injury Prevention with Dr. Scarangella

1:45-2:45                  Drills: 3 station rotation…20 minutes each station

Stations include:

1)Weight room workshop

2) runway composition

3) drills of coaches choice

2:45-3p. Clinic wrap up