



## Face Off Factory Overnight Camp Schedule

### Friday June 8

#### 2:00-3:45 pm Check-in

1. 4:00-5:00pm Orientation
2. **Dinner 5:00-5:50 pm**
3. 6:00-8:00 pm Evening Session
  - a. All Basic Technique - Mastering the Fundamentals of FO
4. 8:00 - 8:30 - Live reps (wins recording for seeding)
5. 9:30 - 10:00 pm Film / Mental Exercise
6. 10:00 pm Lights Out

### Saturday, June 9th

#### 7 a.m. – 7:45 a.m. - Breakfast

1. 8:00-10:30 am Morning session
  - a. Advanced Technique and Strategy - Becoming Elite
  - b. 2nd Round of Live reps for seeding
2. **11:00am - 12:00pm Extracurricular with their Class**
3. **12:00 -12:50 pm Lunch**
4. **1:00-2:00 pm Extra Curricular with their Class**
5. 3:00 -5:00 pm Afternoon Session
  - a. Counters, Ground Ball work, FO oriented Stickwork
  - b. Team Competition
6. **5:00 -7:00 pm Dorms and Dinner**
7. **8:30-9:30 pm Guest Speaker**
8. 10:00 pm Lights Out

### Sunday, June 10<sup>th</sup>

#### 7 a.m. – 7:45 a.m. - Breakfast

1. 8:00-10:30 am Morning session
  - a. Becoming your own Coach
  - b. Coaches Choice for drill work depending on progress in day 1 and 2
2. **11:00 am – 11:50 pm Extracurricular with their Class**
3. **12:00-12:50 pm Lunch**
4. **1:00-2:00 pm Extra Curricular with their Class**
5. 3:00pm-5:00pm Afternoon Session
  - a. Double Elimination Faceoff Tournament
6. **5:00 pm-7:00 pm Dorms and Dinner**
7. 7:00pm-8:00pm Check Out  
\*you must return key and have room cleaned out when you check out. You are welcome to stay for the guest speaker once you check out.
8. **8:30-9:30 pm Guest Speaker**