

New Jersey Dwight Englewood Athletics Summer Camp 2019 By: VIC E~Camp

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sport Information (Grouped by Skill and Age)			7/18/2019	7/19/2019	7/20/2019	7/21/2019
TIME	Basketball	Practice Drills, Fundamentals, Games, Matches		Day 1 Activities	Day 2 Activities	Weekend Activities	Weekend Activities
07:00-07:30	Fencing	Basics of Sebre, epee, and foil		Arrival	Breakfast	Breakfast	Breakfast
08:20-10:30	Science Medley	Biology, Ecology, Chemistry, (Experiments)			Basketball	NYC Tour	New York Yankees Game
10:40-12:50	Lacrosse	Carry, Pass, Shoot, and Score across field		Fencing			
6:00-7:00	Ultimate Frisbee	Game of Skill, Stamina, Speed and Integrity		Dinner	Dinner	Dinner	Dinner
7:00-8:00	Tennis Academy	Technique, tactical skills, strategy, footwork, recovery		Post-Meal Walk and Park	Post-Meal Walk and Park	English Lesson 2 hrs	Post-Meal Walk and Park
8:30-10:30	Full-Day Golf Camp	Lessons, drills, swing, putting, movement, video analysis		HW & Free-Time	HW & Free-Time	Rest & Free-Time	HW & Free-Time
TIME	7/22/2019	7/23/2019	7/24/2019	7/25/2019	7/26/2019	7/27/2019	7/28/2019
07:00-07:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:20-10:30	Basketball	Basketball	Basketball	Basketball	Basketball	Central Park Tour & Times Square Tour	Great Adventure Theme Park
10:40-12:50	Fencing	Fencing	Fencing	Fencing	Fencing		
12:50-1:30	Lunch	Lunch	Lunch	Lunch	Lunch		
1:30-3:30	Science Medley	Science Medley	Science Medley	Science Medley	Science Medley		
6:00-7:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00-8:00	Post-Meal Walk and Park	English Lesson 2 hrs	Movie Night	English Lesson 2 hrs	Post-Meal Walk and Park	Post-Meal Walk and Park	English Lesson 2 hrs
8:30-10:30	Rest & Swimming /Sports	Rest & Free-Time		Rest & Free-Time	Rest & Swimming /Sports	HW & Free-Time	Rest & Free-Time
TIME	7/29/2019	7/30/2019	7/31/2019	8/1/2019	8/2/2019	8/3/2019	8/4/2019
07:00-07:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:20-10:30	Lacrosse	Lacrosse	Lacrosse	Lacrosse	Lacrosse	College Tour	College Tour
10:40-12:50	Ultimate Frisbee	Ultimate Frisbee	Ultimate Frisbee	Ultimate Frisbee	Ultimate Frisbee		
1:30-3:30	Tennis Academy	Tennis Academy	Tennis Academy	Tennis Academy	Tennis Academy	Princeton University	Harvard University
6:00-7:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00-8:00	Post-Meal Walk and Park	English Lesson 2 hrs	Movie Night	English Lesson 2 hrs	Post-Meal Walk and Park	Post-Meal Walk and Park	English Lesson 2 hrs
8:30-10:30	Rest & Swimming /Sports	Rest & Free-Time		Rest & Free-Time	Rest & Swimming /Sports	HW & Free-Time	Rest & Free-Time
TIME	8/5/2019	8/6/2019	8/7/2019	8/8/2019	8/9/2019	Dates: 07/18/2019 to 08/09/2019	
07:00-07:30	Breakfast	Breakfast	Breakfast	Breakfast	Departure		
09:00-3:00	Full-Day Golf Camp	Full-Day Golf Camp	Full-Day Golf Camp	Shopping & Packing & Final Check			
6:00-7:00	Dinner	Dinner	Dinner	Broadway Show (Spiderman Turn Off the Dark)			
7:00-8:00	Post-Meal Walk and Park	English Lesson 2 hrs	Movie Night				
8:30-10:30	Rest & Swimming /Sports	Rest & Free-Time					