

Athletic Training Camp SAMPLE SCHEDULE

Date and Time	Activity	Location
Monday		
3:00 PM	Camp Check-in	Dorm
5:00 - 6:00 PM	Dinner	Stevens Student Center (SSC) Dining Hall
6:00 PM	Intro to Camp Meeting	CAL
7:00 PM	Admissions Presentation	SSC
7:30 PM	Academic Camp Kick Off Party!	The Block
10:00 PM	Devotions	Dorm
10:30 PM	Free Time	Dorm
11:00 PM	Curfew	Dorm
Tuesday		
7:00AM	Breakfast	SSC Dining Hall
8:00 AM	Ankle Anatomy	CAL
9:00 AM	Hands on Ankle Evaluation	Athletic Training Room
10:00 AM	Group Photo at The Rock	Outside the SSC
10:30 AM	Game Instructions	CAL
11:00 AM	Emergency Care of Injuries	Outside the SSC
12:00 PM	Lunch	SSC Dining Hall
1:00 PM	Therapeutic Rehab	CAL
2:30 PM	Game (Rd 1)	CAL
3:00 PM	Knee Anatomy	CAL
4:00 PM	Hands on Knee Evaluation	Athletic Training Room
5:00 PM	Dinner	SSC Dining Hall
6:00 PM	Bowling at Beaver Vu	Beavercreek, OH
8:00 PM	Free Time	Dorm
10:00 PM	Devotions	Dorm
11:00 PM	Curfew	Dorm
Wednesday		
7:00 AM	Breakfast	SSC Dining Hall
8:00 AM	Hip Anatomy	CAL
9:30 AM	Hands on Hip Evaluation	Athletic Training Room

Date and Time	Activity	Location
Wednesday (cont.)		
10:30 AM	Game (Rd 2)	CAL
11:00 AM	Head Injury/Concussion	CAL
12:00 PM	Lunch	SSC Dining Hall
1:00 PM	Therapeutic Modalities	CAL
2:30 PM	Game (Rd 3)	Athletic Training Room
3:00 PM	Cervical Spine	CAL
4:00 PM	Spine Boarding	CAL
5:00 PM	Dinner	SSC Dining Hall
6:00 PM	FMS - Screening Athletes	Athletic Training Room
7:30 PM	Free Time/Climbing Wall	Fitness/Recreation Center
10:00 PM	Devotions	Dorm
11:00 PM	Curfew	Dorm
Thursday		
7:00 AM	Breakfast	SSC Dining Hall
8:00 AM	Shoulder Anatomy	CAL
9:00 AM	Hands on Shoulder Evaluation	Athletic Training Room
10:30 AM	Game (Rd 4)	CAL
11:00 AM	Elbow Anatomy	CAL
12:00 PM	Lunch	SSC Dining Hall
1:00 PM	Hands on Elbow Evaluation	Athletic Training Room
2:30 PM	Championship	CAL
3:00 PM	Hands on Forearm, Wrist, Hand Anatomy	CAL
4:00 PM	Forearm, Wrist, Hand Evaluation	Athletic Training Room
5:00 PM	All Academic Camp Picnic	The Block
6:00 PM	Athletic Training Olympics	Fitness/Recreation Center
8:30 PM	All Academic Camp Bonfire	Between HSC and ENS
10:00 PM	Devotions	Dorm
11:00 PM	Curfew	Dorm
Friday		
7:00 AM	Breakfast	SSC Dining Hall
8:00 AM	CPR/AED Training	CAL
11:30 AM	Where Do I Go From Here?	CAL
12:30 PM	Lunch	SSC Dining Hall
1:00 PM	Check Out and Goodbye	Dorm