

## FRIDAY, JUNE 20, 2025

11AM – 12:30PM	Registration Check-In	<b>Roberson Lobby</b>
1:00PM – 2:00PM	Game Time Fellowship (optional)	<b>Shaw Athletic Center</b>
2:00PM – 2:15PM	Welcome to Camp – On Mat: Chapel Time	<b>Shaw Athletic Center</b>
2:15PM – 4:15PM	Technique Session #1	
4:15PM – 5:30PM	Break	
5:30PM – 6:30PM	<b>Dinner</b>	<b>Dining Hall</b>
7:00PM – 9:00PM	FCA Chapel Program	<b>Taylor Chapel</b>
9:00PM – 10:00M	FCA Huddle Time (small group discussion)	
10:00PM – 10:45PM	Late Night Snack	<b>Lion's Den</b>
11:00PM	In Dorms	
11:30PM	Lights Out!	

## SATURDAY, JUNE 21, 2025

7:00AM	Arise	
7:30AM – 8:15AM	<b>Breakfast</b>	<b>Dining Hall</b>
8:30AM – 9:00AM	On Mat: Chapel Time	<b>Shaw Athletic Center</b>
9:00AM – 10:30AM	Technique Session #2	
10:30AM – 10:45AM	Break	
10:45AM – 11:30AM	Competitive Training	
12:00PM – 12:45PM	<b>Lunch</b>	<b>Dining Hall</b>
1:15PM – 2:45PM	Technique Session #3	<b>Shaw Athletic Center</b>
2:45PM – 3:15PM	Break – Power Talks	
3:15PM – 4:15PM	Competitive Training	
4:15PM – 5:30PM	Break	
5:30PM – 6:30PM	<b>Dinner</b>	<b>Dining Hall</b>
7:00PM – 9:00PM	FCA Chapel Program	<b>Taylor Chapel</b>
9:00PM – 10:00PM	FCA Huddle Time (small group discussion)	
10:00PM – 10:45PM	Late Night Snack	<b>Lion's Den</b>
11:00PM	In Dorms	
11:30PM	Lights Out!	

## SUNDAY, JUNE 22, 2025

7:00AM	Arise	
7:30AM – 8:15AM	Breakfast	<b>Dining Hall</b>
8:30AM – 9:00AM	On Mat: Chapel Time	<b>Shaw Athletic Center</b>
9:00AM – 11:00AM	Final Technique Review & High-Speed Drilling	
11:00AM – 11:15AM	Closing Words – Final Message	
11:15AM – 11:45AM	Clean Gym & Roll Mats	
11:45AM – 12:30PM	Shower & Check-Out	<b>Shaw Athletic Center</b>

**\*Clean your rooms and bring ALL your belongings to the Gym Sunday morning @ 8:30AM!  
You will not be able to return to your room!**

**NOTE: Lunch on your own after check-out (Campus Dining Hall will not be available)**