

FC Summer Camp 2023 Draft Schedule

7/30/2023 - FIRST DAY

7:30 am Charter bus leaves from FC

10:00 am Arrival at The Hill School

10:30 am -11:30 am orientation

Noon Lunch (parents welcome)

2:00 pm-5:30 pm First practice

6:00 to 7:00 dinner

7:00 to 8:00 rest

8:00 to 9:30 evening practice

9:30 snack, meeting, bed

7/31/2023 to 8/4/2023

7:30-8:00 morning practice

8:00-9:00 breakfast

9:00-10:00 rest

10:00-12:30 practice

12:30-1:30 lunch

1:30-3:00 rest/free time

3:00-6:00 practice

6:00-7:00 dinner

7:00-8:00 rest

8:00-9:30 evening activity:

- Video analysis by weapon
- Counselors' practice and games
- Strengthening and conditioning

9:30 snack, meeting, bed

8/5/2023 - TOURNAMENT DAY

7:30-8:00 morning practice

8:00-9:00 breakfast

9:00-12:30 preliminary rounds

12:30-1:30 lunch

1:30-3:00 rest/free time

3:00-6:00 direct eliminations

6:00-7:00 dinner

7:30-9:30 finals and camp awards

9:30 snack, meeting, bed

8/6/2023 - LAST DAY

7:30-8:00 morning practice

8:00-9:00 breakfast

9:30-12:30 practice

12:30-1:30 lunch

2:00-3:00 pack/clean/room inspection

3:30 Charter bus leaves for Fencers Club

6:00 Campers are dismissed from FC

^{*}Times listed are approximate and subject to change.

