

TORONTO CAMP 2025



Tamwood Basketball Program

Week 1



Time	Sunday July 20	Monday July 21	Tuesday July 22	Wednesday July 23	Thursday July 24	Friday July 25	Saturday July 26
7:00 – 7:45	Camper Wake Up						
7:45 – 8:15	Breakfast						
8:30 – 11:10	Camper Arrivals Intake Settle In & Unpack	YA English Lesson	YA English Lesson	YA English Lesson	YA English Lesson	YA English Lesson	Late Wake up
11:10 – 12:00		Lunch					Full Day Excursion Toronto Center Island & Square One Shopping & Disco @ UTM
12:00 – 1:00		YA English Lesson	YA English Lesson	YA English Lesson	YA English Lesson	YA English Lesson	
1:00 – 1:30		Travel to Afternoon Session					
1:30 – 3:00		Skills Training Advanced dribbling Speed & Agility	Half Day Option Canada Wonderland (\$100) Group Leader Lead (Free)	Skills Training Refined shooting mechanics	<div>Experience Raptors Mascot Visit</div> <div>Mascot</div>	Skills Training Contact layups and floaters	
3:00 – 4:30	practice Session Motion offense and spacing	practice Session Team defense Help rotations		practice Session Transition & fast break strategies	practice Session Advanced offensive tactics		
4:30 – 5:30	Scrimmages Half-Court emphasis	Scrimmages 3 on 3 (focus defensive)		Scrimmages Full-Court play	Scrimmages 5 on 5		
5:35 – 6:00	Dorm Time		Optional Trip To Camper Talent Show @ UTM or free time with Group Leader	Dorm Time		CEBL Basketball Game Experience	
6:30 – 7:30	Dinner			Dinner			
7:30 – 9:00	Weekly Kickoff	Team Name and logo Design Contest		Optional Specialized Clinic Strength & conditioning Group coaching			
9:00 – 9:30	Night time Huddle						
9:30 – 10:30							
10:30	Quiet Time & Bedtime						

*All excursions and activities are subject to change due to weather and availability



TAMWOOD
CAMPS

www.tamwood.com


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Tamwood Basketball Program

Week 2



Time	Sunday July 27	Monday July 28	Tuesday July 29	Wednesday July 30	Thursday July 31	Friday Agu 1	Saturday Aug 2
7:00 – 7:45	Camper Wake Up						
7:45– 8:15	Breakfast						
8:30 – 11:10	<div>Full Day Excursion:</div> <div>Niagara Falls</div> <div>Outlet Mall</div> <div>Group Dinner</div>	YA English Lesson	YA English Lesson	YA English Lesson	YA English Lesson	YA English Lesson	<div>Full Day Option:</div> <div>Royal Ontario Museum & Casa Loma (\$60)</div> <div>or</div> <div>Free Time with Group Leader</div>
11:10 – 12:00		Lunch					
12:00 – 1:00		YA English Lesson	YA English Lesson	YA English Lesson	YA English Lesson	YA English Lesson	
1:00 – 1:30		Travel to Afternoon Session					
1:30 – 3:00		<div><div>Experience</div><div>Raptor's MLSE Coach Academy</div><div>MLSE Coach</div></div>	<div>Half Day Option</div> <div>CN Tower and Group Dinner (\$70)</div> <div>Group Leader Lead (Free)</div>	<div><div>Skills Training Advanced Ball- protection</div><div>practice Session Zone Offense & Counters</div><div>Scrimmages 5 on 5 (focus zone offense)</div></div>	<div><div>Experience</div><div>Half Day Excursion:</div><div>Toronto Raptor's Stadium Tour</div><div>&</div><div>CEBL Basketball Game</div></div>	<div><div>Skills Training Guard playmaking Big-man post moves</div><div>practice Session Game Strategy & timeouts and more</div><div>Scrimmages Just play</div></div>	
3:00 – 4:30		Scrimmages		Dorm Time	Evening Option		
4:30 – 5:30		Dorm Time		Dinner	Bleu Jay Base Ball Game (\$60)		
5:35 – 6:00		Dinner		Movie Night or Free Time with Group Leader			
6:30 – 7:30							
7:30 – 9:00							
9:00 – 9:30							
9:30 – 10:30							
10:30							
	Night time Huddle						
	Quiet Time & Bedtime						

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