

# 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  Casa Loma  &  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)	Skills Training Refined shooting mechanics	Experience Raptors Mascot Visit	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							
9:30 – 10:30	Night time Huddle						
10:30	Quiet Time & Bedtime						

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

# TORONTO CAMP 2025



## 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>Canada Wonderland (\$130)</div> <div>Or</div> <div>Royal Ontario Museum &amp; Little Canada (\$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>Skills Training Advanced Ball- protection</div>	<div>Half Day Excursion:</div> <div>Hockey Hall of Fame</div> <div>&amp; Downtown Toronto</div>	<div>Skills Training Guard playmaking Big-man post moves</div>			
3:00 – 4:30				<div>practice Session Zone Offense &amp; Counters</div>		<div>practice Session Game Strategy &amp; timeouts and more</div>			
4:30 – 5:30		<div>Scrimmages</div>		<div>Scrimmages 5 on 5 (focus zone offense)</div>		<div>Scrimmages Just play</div>			
5:35 – 6:00		<div>Dorm Time</div>		<div>Dorm Time</div>		<div>Evening Option</div> <div>Bleu Jay Base Ball Game (\$60)</div>			
6:30 – 7:30		<div>Dinner</div>		<div>Dinner</div>					
7:30 – 9:00		<div>Movie Night or Free Time with Group Leader</div>	<div>Movie Outing Or Free time with Group Leader</div>						
9:00 – 9:30		Night time Huddle							
9:30 – 10:30		Quiet Time & Bedtime							
10:30									

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