



TORONTO CAMP 2025



Tamwood Basketball Program – YA Activities

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											
8:00 – 8:45	Breakfast											
8:30 – 12:00	Camper Arrivals Intake Settle In & Unpack	Campus Tour	Tamwood City Tour or Free Time with Group Leader	Option Workout Open Court time	Royal Ontario Museum	Little Canada	Late Wake up					
12:15 – 1:00		Lunch					Full Day Excursion Casa Loma & Square One Shopping & Disco @ UTM					
1:00 – 1:30		Travel to Afternoon Session										
1:30 – 3:00		Skills Training Advanced dribbling Speed & Agility	Skills Training Refined shooting mechanics	 Experience Raptors Mascot Visit	Half Day Option Canada Wonderland (\$100) Group Leader Lead (Free)	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	 Experience Nutritionist Visit	Scrimmages 3 on 3 (focus defensive)	Scrimmages 5 on 5								
5:35 – 6:00	Dorm Time		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	Optional Trip To Camper Talent Show @ UTM or free time with Group Leader								
9:00 – 9:30												
9:30 – 10:30		Night time Huddle										
10:30	Quiet Time & Bedtime											



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

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Tamwood Basketball Program – YA Activities

Week 2



Time	Sunday July 27	Monday July 28	Tuesday July 29	Wednesday July 30	Thursday July 31	Friday August 1	Saturday August 2			
7:00 – 7:45	Camper Wake Up									
8:00 – 8:45	Breakfast									
8:30 – 12:00	Full Day Excursion: Niagara Falls Outlet Mall Group Dinner	Team Building Games	Optional Clinic Leadership on the court	St. Lawrence Market	Optional Option Center Island Or Open Court time	Basketball Trivia	Full Day Option:			
12:15 – 1:00		Lunch					Canada Wonderland (\$130)			
1:00 – 1:30		Travel to Afternoon Session					Or			
1:30 – 3:00		 Experience Raptor's MLSE Coach Academy	Half Day Option CN Tower and Group Dinner (\$70) Group Leader Lead (Free)	 Experience Raptor's MLSE Coach Academy	Half Day Excursion: Hockey Hall of Fame & Downtown Toronto	Skills Training Guard playmaking Big-man post moves	Royal Ontario Museum & Little Canada (\$60)			
3:00 – 4:30		MLSE Coach		MLSE Coach		Practice Session Game Strategy & timeouts and more	or			
4:30 – 5:30		Scrimmages		Scrimmages		Scrimmages Just play	Free Time with Group Leader			
5:35 – 6:00		Dorm Time		Dorm Time		Evening Option Blue Jays Baseball Game (\$60)				
6:30 – 7:30		Dinner		Dinner						
7:30 – 9:00		Movie Night or Free Time with Group Leader		Movie Outing Or Free time with Group Leader						
9:00 – 9:30		Night time Huddle								
9:30 – 10:30										
10:30	Quiet Time & Bedtime									



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