

UTAH JAZZ YOUTH ROOKIE CAMP CURRICULUM



8:00-8:30am	CHECK-IN / SHOOTAROUND
8:30-8:40am	MOTIVATIONAL THOUGHT
8:40-9:00am	DYNAMIC WARMUP
9:00-11:00am	STATIONS
11:00-11:15am	BREAK
11:15am-Noon	COMPETITIONS
Noon-1:00pm	LUNCH BREAK
1:00-2:30pm	GAMES / FILM / CHALK TALK
2:30-2:45pm	REVIEW THE DAY / DAILY AWARD / TRIVIA
2:45-3:00pm	MENTAL EXERCISE / END