

Schedule for The D3 Experience

8:00 - 8:30 Check-in
8:45 Staff introductions/ Day logistics
9:00 - 9:30 Warm-up and stretching (student-athlete staff)
Stick-work and goal-keeper warm-up

9:45- 10:50 Instructional stations with Head Coaches

Lunch and Panel Discussions (parents welcome):

11:00-11:30 EAT LUNCH
11:30-12:00 Student-Athlete Panel:
1200-12:30: Head Coach Panel:
12:30-1:00: Small group discussion with Head Coaches and Student-athletes

12:30-1:00 (Parent's only)

Admission/ Financial Aid Presentation with Will Cummins from Amherst College

1:00 - 1:30 **Team warm-up** Warm-up with team

1:45 - 5:15 **Coached game play**

5:15 - 5:30 **Cool down and yoga**

5:30 **Good-bye's**