

SOUTHWEST EXPOSURE CAMP

SUNDAY, SEPTEMBER 13, 2020

8am Player Arrival / Wellness Check
8:15 Pre Camp Workout
9:00 Dynamic Warm-up
9:10 *Spectators Allowed
9:15 Games (1 & 2) *Spectators Allowed
9:50 Games (3 & 4) *Spectators Allowed
10:25 Games (5 & 6) *Spectators Allowed
11:00 Games (7 & 8) *Spectators Allowed
11:45 Lunch
12:30 Dynamic Stretch
12:40 *Spectators Allowed
12:45 Games (9 & 10) *Spectators Allowed
1:20 Games (11 & 12) *Spectators Allowed
2:15 Camp Review & Close Out

SPECTATORS ADMITTED AT THESE TIMES ONLY!

Sun: 9:10a - 11:45a
12:40p – close

Recaps will be posted in the VIPnews on RcsSports.com