



# 2025 SEMO VOLLEYBALL CAMPS

## \*Basic Schedule for all camps

(except the Beginner Day Camp)

### Day 1

- 1:00 pm**      **Camp Check-in at Towers Residence Hall**  
**1000 Tower Circle**  
Cape Girardeau, MO 63701  
\*Commuter Campers do not need to arrive earlier than 1:45 pm. Check-in takes only a few minutes. This time is used for overnight campers to get settled in their dorm rooms.
- 2:00 pm**      **ALL CAMPERS meet in Towers Lobby to walk to the Student Recreation Center**
- 2:15 pm**      Camp Session 1 at Recreation Center  
750 New Madrid Street  
Cape Girardeau, MO 63701
- 5:00 pm**      Dinner at Towers Café
- 8:00 pm**      **Camp concludes for the day**  
\*Resident Campers will return to Residence Hall  
\*Commuter Campers will get picked up at the Recreation Center at this time
- 11:00 pm**      All overnight campers must be in their own rooms/Coaches do room checks

### Day 2

- 8:00 am**      **Breakfast at Towers Café for all overnight campers only**
- 9:00 am**      Walk to Recreation Center
- 9:00 am**      **Arrive at Recreation Center for Camp Session 3**  
\*Commuter Campers will be dropped off at this time at Recreation Center
- 12:00 pm**      Lunch at Towers Café
- 2:00 pm**      Camp Session 4 at Recreation Center
- 5:00 pm**      Dinner at Towers Café
- 6:00 pm**      Pool Party at the Aquatic Center in the Recreation Center
- 8:00 pm**      **Camp concludes for the day**  
\*Resident Campers will return to Residence Hall  
\*Commuter Campers will get picked up Recreation Center at this time
- 11:00 pm**      All overnight campers must be in their own rooms/Coaches do room checks

### Day 3

- 8:00 am**      **Breakfast at Towers Café for all overnight campers only**
- 9:00 am**      Walk to Recreation Center
- 9:00 am**      **Arrive at Recreation Center for Camp Session 6 / Camp Tournament**  
\*Commuter Campers will be dropped off at this time at Recreation Center  
\*Parents/families are welcome to come watch the Camp Tournament. It is recommended to arrive no earlier than 9:30am.
- 12:00 pm**      **Camp Concludes**  
\*Commuter Campers will leave directly from the Recreation Center at this time  
\*Overnight Campers will return to dorms at this time to gather their belongings, return their keys, and check-out of the dorms