

**AAU Sports US Basketball Summer Camp  
Full Travel Schedule (July 12th - July 22nd)**

Below is the detailed schedule of the dates, times and activities throughout the trip.

*Note: CT refers to China Time and EST refers to Eastern Standard Time*

<u>Date</u>	<u>Time</u>	<u>Activity</u>
<b>12-Jul</b>	6:25 CT	Meet at Airport
	8:55 - 11:10 CT	Flight: Shanghai (SHA - Hongqiao Airport) to Beijing
	11:10 - 12:45 CT	Flight Layover
	12:45 CT - 14:05 EST	Flight: Beijing to Washington D.C. (13 hours)
	15:00 - 15:30 EST	Transportation to Washington D.C. Hotel
	17:00 EST	Meet in Lobby of Hotel
	17:00 - 19:00 EST	Dinner
	19:00 - 21:00 EST	Night Tour of Washington D.C.
	21:00 EST	Arrive Back at Hotel
	21:00 - 22:00 EST	Check in with Parents/Guardians
	22:00 EST	Room Check/Lights Out
<b>13-Jul</b>	8:00 EST	Wake Up
	8:00 - 8:45 EST	Breakfast in Hotel
	9:00 - 11:30 EST	Guided Day Tour of Washington D.C.
	11:30 - 12:30 EST	Lunch
	12:30 - 14:30 EST	Finish Guided Tour
	15:00 EST	Arrive at Bus Station
	15:30 - 19:00 EST	Bus: Washington D.C. to Philadelphia
	19:00 EST	Arrive at Philadelphia Hotel
	19:30 - 20:30 EST	Dinner
	20:30 - 21:00 EST	Group Meeting
	21:00 EST	Return to Hotel Rooms
	21:00 - 22:00 EST	Check in with Parents/Guardians
22:00 EST	Room Check/Lights Out	
<b>14-Jul</b>	6:30 EST	Wake Up
	6:30 - 7:15 EST	Breakfast in Hotel
	7:30 - 8:00 EST	Transportation to Sixers Camp
	8:00 - 9:00 EST	Registration and Check-in
	9:15 - 11:15 EST	Practice Games and Evaluation
	11:15 - 11:45 EST	Grouped into Teams
	12:00 - 13:00 EST	Lunch
	13:15 - 14:30 EST	Guest Speaker
	14:30 - 16:00 EST	League Games
	16:00 - 17:30 EST	Afternoon Activity
	17:30 - 18:30 EST	Dinner
	18:30 - 19:00 EST	Foul Shooting
	19:00 - 21:00 EST	League Games

	21:00 - 21:45 EST	Evening Activity
	21:45 EST	Back to Dorm Rooms

<b>15-Jul</b>	7:30 EST	Wake Up
	8:15 - 9:15 EST	Breakfast
	9:15 - 11:15 EST	Skill Development
	11:15 - 12:30 EST	Morning Activity
	12:30 - 13:15 EST	Lunch
	13:15 - 14:30 EST	Guest Speaker
	14:30 - 16:00 EST	League Games
	16:00 - 17:30 EST	Afternoon Activity
	17:30 - 18:30 EST	Dinner
	18:30 - 19:00 EST	Foul Shooting
	19:00 - 21:00 EST	League Games
	21:00 - 21:45 EST	Evening Activity
	21:45 EST	Back to Dorm Rooms

<b>16-Jul</b>	7:30 EST	Wake Up
	8:15 - 9:15 EST	Breakfast
	9:15 - 11:15 EST	Skill Development
	11:15 - 12:30 EST	Morning Activity
	12:30 - 13:15 EST	Lunch
	13:15 - 14:30 EST	Guest Speaker
	14:30 - 16:00 EST	League Games
	16:00 - 17:30 EST	Afternoon Activity
	17:30 - 18:30 EST	Dinner
	18:30 - 19:00 EST	Foul Shooting
	19:00 - 21:00 EST	League Games
	21:00 - 21:45 EST	Evening Activity
	21:45 EST	Back to Dorm Rooms

<b>17-Jul</b>	7:30 EST	Wake Up
	8:15 - 9:15 EST	Breakfast
	9:15 - 11:15 EST	Skill Development
	11:15 - 12:30 EST	Morning Activity
	12:30 - 13:15 EST	Lunch
	13:15 - 14:30 EST	Guest Speaker
	14:30 - 16:00 EST	League Games
	16:00 - 17:30 EST	Afternoon Activity
	17:30 - 18:30 EST	Dinner
	18:30 - 19:00 EST	Foul Shooting
	19:00 - 21:00 EST	League Games
	21:00 - 21:45 EST	Evening Activity
	21:45 EST	Back to Dorm Rooms

<b>18-Jul</b>	7:30 EST	Wake Up
	8:15 - 9:15 EST	Breakfast
	9:15 - 11:15 EST	Skill Development

11:15 - 12:30 EST	Morning Activity
12:30 - 13:15 EST	Lunch
13:15 - 14:30 EST	Guest Speaker
14:30 - 16:00 EST	League Games
16:00 - 17:30 EST	Afternoon Activity
17:30 - 18:30 EST	Dinner
18:30 - 19:00 EST	Foul Shooting
19:00 - 21:00 EST	League Games
21:00 - 21:45 EST	Evening Activity
21:45 EST	Back to Dorm Rooms

<b>19-Jul</b>	7:30 EST	Wake Up
	8:15 - 9:15 EST	Breakfast
	9:15 - 11:00 EST	Awards Ceremony
	11:00 EST	Camp Finishes
	11:30 - 12:00 EST	Lunch
	12:00 - 12:30 EST	Transporation to UPenn
	12:30 - 14:30 EST	UPenn Campus Tour and Basketball Team Meet
	14:30 - 15:15 EST	Transporation from UPenn to Princeton University
	15:15 - 16:45 EST	Princeton Campus Tour
	16:45 - 17:45 EST	Transportation to Philadelphia Hotel
	17:45 EST	Arrive at Philadelphia Hotel
	19:00 - 20:30 EST	Dinner
	21:00 EST	Return to Hotel Rooms
	21:00 - 22:00 EST	Check in with Parents/Guardians
22:00 EST	Room Check/Lights Out	

<b>20-Jul</b>	6:00 - 6:30 EST	Breakfast in Hotel
	6:40 - 9:00 EST	Bus: Philadelphia to New York City
	9:00 EST	Arrive at New York City Hotel
	9:45 EST	Meet in Hotel Lobby
	9:45 - 12:00 EST	Tour Times Square, Visit NBA Store
	12:00 - 13:00 EST	Lunch
	13:30 - 17:00 EST	NYC Museum Tours
	18:00 - 19:00 EST	Visit Nike New York Headquarters
	19:00 - 20:00 EST	Dinner
	20:00 - 21:00 EST	Evening Walk in Manhattan
	21:00 EST	Return to Hotel
	21:00 - 22:00 EST	Check in with Parents/Guardians
	22:00 EST	Room Check/Lights Out

<b>21-Jul</b>	8:00 EST	Wake Up
	8:00 - 8:45 EST	Breakfast in Hotel
	9:00 - 10:30 EST	Basketball in NYC
	11:00 EST	Check out of Hotel
	11:30 - 12:30 EST	Lunch
	13:00 - 13:45 EST	Transportation to New York's JFK Aiport
	13:45 EST	Arrive at JFK Airport

16:25 EST - 19:25 CT Flight: New York City (JFK) to Shanghai (PVG)
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<b>22-Jul</b>	19:25 CT	Arrive in Shanghai (PVG - Pudong Airport)
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