

# THE GEORGE MASON EXPERIENCE

The GEORGE MASON EXPERIENCE is a one-day basketball experience designed for men and women, ages 25 and up. It is intended to give fans the full experience of a GMU basketball player from the moment they enter EagleBank Arena on a practice or game day. Prominent GMU Basketball alumni will be assisting the coaching staff throughout the day.

## SCHEDULE OF EVENTS (JULY 30):

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| 1:00pm | Check-in at EagleBank Arena<br><i>Participants will receive a GMU practice uniform for the day (bring your own shoes) and dress for practice in the GMU locker room. The team training room will be available for any pre-practice treatment needs.</i> |
| 1:30pm | Pre-Practice Vitamin (optional)<br><i>Participants will be assigned a staff member to go through a brief pre-practice daily vitamin shooting workout.</i>   |
| 2:00pm | Team Film Session – EagleBank Arena Film Room<br><i>Postgame film review – GMU @ Maryland</i><br><i>Pregame scouting preparation – GMU @ Kansas</i>   |
| 2:45pm | Pre-Practice Warm-Up<br><i>Participants will go through pre-practice stretching/warm-up routine with Strength and Conditioning Coach Handy Handerahan.</i>  |
| 3:00pm | Practice<br><i>Coach English, the GMU staff, and GMU Basketball alumni will lead all participants through a typical GMU daily practice.</i>   |
| 4:00pm | GMU Championship<br><i>Participants will be split into teams for a tournament competition to determine a champion – coached by GMU staff and alumni.</i>  |
| 5:00pm | Shower/dress<br><i>The GMU locker room will be used to shower/dress after practice. The team training room will be available for any treatment needs.</i>   |
| 5:30pm | Dinner/Social<br><i>The GMU staff and alumni players will join the participants in the EagleBank Arena Green Coat Room for dinner and drinks.</i>   |