2012 Boy's and Girl's Training Camp Itinerary

Monday, July30 8:00 am Team Practice at the Elementary School

**Note: Lunch is on your own. Eat before meeting at the school.**

 11:30 am Depart for Potato Creek State Park

 2:00 pm Arrive at Potato Creek State Park

 2:00-3:30 Check-in and Set-up Camp

 4:00-5:00 Stretching, Light run, and Drills

 5:00-5:45 Showers

 5:45-6:15 Prepare dinner

 6:15-7:00 Eat and Relax

 7:00-7:30 Team meeting

 7:30-8:00 Wiffle Ball Game

 8:00-9:00 Horseshoe and Corn Hole Tournament begins

 9:00-10:00 Cards and Free Time

 10:00-10:30 Quiet Time (Bobby 5 minutes)

 10:30 Lights Out

Tuesday, July 31 7:00-7:30 am Rise and Shine

 7:30-7:45 am Stretching and Drills

 7:45-9:00 am Workout--Hill work

 9:00-9:30 am Showers

 9:30-10:00 am Prepare Breakfast-Pancakes, Bacon and Sausage

 10:00-10:30am Breakfast

 10:30-11:00am Wiffle Ball Game 2

 11:00-12:30 Beach or Boats (must be back at camp by 12:30)

 12:30-12:45 Light Snack (Fruit, PBJ, drinks)

 12:45-1:15 Team Meeting

 1:15-1:45 Ultimate Frisbee

 1:45-2:45 Tournaments Continue

 2:45-4:00 Free Time

 4:00-5:00 Stretching, Light run, and Drills

 5:00-5:45 Showers

 5:45-7:45 Leave to find a Pizza Parlor

 7:45-8:15 Wiffle Ball Game 3

 8:15-9:00 Corn Hole and Horseshoe Tournaments continue 9:00-10:00 Cards and Free Time

 10:00-10:30 Quiet Time (Bobby 5 minutes)

 10:30 Lights Out

Wed., Aug. 1 7:00-7:30 am Rise and Shine

 7:30-7:45 am Stretching and Drills

 7:45-9:00 am Workout---Run Mountain Bike Trail as a Preview for Thursday's run

 9:00-9:45 am Showers

 9:45-10:15 am Preparation should be easy breakfast will be Bagels and Fruit

 10:15-10:45am Wiffle Ball Game 4

 10:45-12:30 Beach or Boats (must be back at camp by 12:30)

 12:30-12:45 Light Lunch (Fruit, PBJ, sandwiches and drinks)

 12:45-1:15 Team Meeting

 1:15-1:45 Ultimate Frisbee

 1:45-2:45 Tournaments Continue

 2:45-4:00 Free Time

 4:00-5:00 Stretching, Light run, and Drills

 5:00-5:45 Showers

 5:45-7:45 Prepare Dinner , Eat, and Cleanup (hopefully be eating Hobo Stew)

 7:45-8:00 Wiffle Ball Game 5

 8:00-9:00 Corn Hole and Horseshoe Tournaments continue

 9:00-10:00 Cards and Free Time

 10:00-10:30 Quiet Time (Bobby 5 minutes)

 10:30 Lights Out

 Thursday, Aug.2 7:00-7:30 am Rise and Shine

 7:30-7:45 am Stretching and Drills

 7:45-9:00 am Workout---Mountain Bike Handicap Run

 9:00-9:45 am Showers

 9:45-10:15 Breakfast--Cereal

 10:15-11:15 Clean up and Break Down Camp

 11:15 am Depart for home

 12:45-1:45 Stop for lunch

 2:15 pm Arrive at Frankton