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