

Time	Saturday 12	Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
7:00		Wake Up					
7:30		Outdoor Warmup 7:30-8:30 (Field)	Outdoor Warmup 7:30-8:30 (Field)	Outdoor Warmup 7:30-8:30 (Field)	Outdoor Warmup 7:30-8:30 (Field)	Outdoor Warmup 7:30-8:30 (Field)	Outdoor Warmup 7:30-8am
8:00							Breakfast 8-8:30am
8:30							Pack, clean, move bags to storage 8:30-9:30
9:00		Breakfast 8:30-9:30am	Breakfast 8:30-9:30am	Breakfast 8:30-9:30am	Breakfast 8:30-9:30am	Breakfast 8:30-9:30am	
9:30					Conditioning Seminar 9:30-10:30am		Training 10-12:30pm (Education Building Gym)
10:00					Training 10:30-12:30pm (Education Building ED GB-23, Fencing Room)	Training 9:30-12:30 (Education Building Gym)	
10:30			Training 9:30-12:30 (Education Building Gym)	Training 9:30-12:30 (Education Building Gym)			
11:00							
11:30							
12:00	Camp Registration (Lister Hall) 12-1pm						
12:30		Lunch 12:30-2:00pm	Lunch 12:30-2:00pm	Lunch 12:30-2:00pm	Lunch 12:30-2:00pm	Lunch 12:30-2:00pm	Lunch 12:30-1:30pm
13:00	Lunch 1-2:30pm						
13:30							
14:00	Team Meeting 2:30-3pm	Training 2-4:30pm (Education Building ED GB-23, Fencing Room)	Training 2-4pm** (Education Building Gym)	Training 2-4:30pm (Education Building ED GB-23, Fencing Room)	Swim 2-4pm	Nutrition Workshop <sup>1</sup> 2-3:30pm	Training 1:30-4:30pm (Education Building Gym)
14:30							
15:00							
15:30							
16:00	Training 3-7pm (Education Building ED GB-23, Fencing Room)	Free Time/Transition	Free Time/Transition	Free Time/Transition	Free Time	Free Time	
16:30					Supper 4:30-5:30	Supper 4:30-5:30	Gym Clean up 4:30-5pm
17:00		Workshop	Sport Psych 5-6pm	Armoury 5-6pm			Parent Pick up 5pm
17:30							
18:00							
18:30							
19:00	Supper	Supper	Supper	Supper	Night Training 5:30-9:30pm (Education Building ED GB-23, Fencing Room)	Night Training 5:30-9:30pm (Education Building ED GB-23, Fencing Room)	
19:30							
20:00		Free Time/Team Building 7:30-9:30pm	Free Time/Team Building 7:30-9:30pm	Free Time/Team Building 7:30-9:30pm			
20:30	Free Time/Team Building 8:00-9:30pm						
21:00					Free Time	Free Time	
21:30		Rooms					
22:00		Lights Out					