

Time	Monday (20th)	Tuesday (21st)	Wednesday (22nd)	Thursday (23rd)	Friday (24th)		
7:00 AM		Wake Up					
7:30 AM		Outdoor Warmup (7:30am-8:00am) FIELD #4					
8:00 AM		Breakfast (8:00am-9:00am)			Breakfast (8-8:30am)		
8:30 AM					Pack, Clean, move bags to storage		
9:00 AM		Training 9:00am-12:30pm GOLD GYMNASIUM	Training 9:00am-12:30pm GOLD GYMNASIUM	Conditioning Workshop 9:00-10:30am GOLD GYMNASIUM		Nutrition Workshop 9:30am-10:30am GOLD GYMNASIUM	
9:30 AM							
10:00 AM				Training 10:30am-12:30pm GOLD GYMNASIUM		Training 10:30am-12:30pm GOLD GYMNASIUM	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Camp Registration 12-1pm (GOLD GYMNASIUM)						
12:30 PM	Lunch (12:30pm-2:00pm)			Lunch 12:30-1:30pm			
1:00 PM	Lunch 1-2:30pm						
1:30 PM					Training 1:30am-5:30pm GOLD GYMNASIUM		
2:00 PM			Foothills Municipal Pool Swim 2-4pm				
2:30 PM	Team Meeting (Orientation)	Training 2-5:30pm GOLD GYMNASIUM		Free Time/Transition			
3:00 PM	Training 3-7pm GOLD GYMNASIUM	Training 2-5:30pm GOLD GYMNASIUM		Referee Workshop 4:30-5:30pm KNA 160			
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM					Gym Cleanup 5:30-6pm		
6:00 PM					Parent Pick up 6pm		
6:30 PM							
7:00 PM	Supper 7-8pm			Evening Training 7-9pm GOLD GYMNASIUM			
7:30 PM							
8:00 PM	Free Time/Team Building 8-9:30pm			Free Time			
8:30 PM							
9:00 PM							
9:30 PM	Rooms						
10:00 PM	Lights Out						