

SUNDAY

- 11a Staff Meeting in HEX
- 12-3p Check In/Get Settled
- 4-4:15p Meet with Groups
- 4-5:30p Evening Run and video analysis taping
- 5:15-6:30p Dinner - Brief Staff Meeting in Dining Hall
- 7-8:30p Introductions/Rules in Main Theatre
- 8-9p STAFF meeting in Burke Mountain Room
- 8:30-10:30p Social Time/Recreation
- 10:15p CURFEW! Everyone in the dorms
- 10:45p LIGHTS OUT!

MONDAY/TUESDAY/THURSDAY

- 6:55a Wake up
- 7a Meet in Parking Lot for Active Warm Up
- 7:15-8a Run, Strength Class, Yoga, or Pool Workout
- 8-9a Breakfast
- 9-10:15a Down Time
- 10:15-11:15a Announcements and Guest Speaker in Main Theater
- 11:15a-12:30p Lunch
- 12:30-1:10p Down Time (Video Analysis in LAC Rooms)
- 1:10-1:30p Meet in main theater for Mail Call and Announcements
- 1:30-3p Breakout Sessions-Small Group Classrooms
- 3-3:15p Change for afternoon Run
- 3:15p Meet With Group/Bus Departure
- 3:15-5:30p Afternoon Run/Creek Soak
- 5:15-6:30p Dinner
- 6:30-8p Down Time or Active Recreation (Video Analysis in LAC Rooms)
- 7-10:15p Evening Featured Recreation Activity In Main Theatre
- 1015p CURFEW! Everyone in their dorms
- 1045p LIGHTS OUT!

WEDNESDAY

- 8-9a Breakfast (Find Nurse at Breakfast if Needed)
- 9:30 Morning Announcements in Main Theatre
- 9:30-10:45a Presentation in Main Theatre
- 10:45-11a Change for Lake Day
- 11a Depart for Lake
- 11:30a-3p Lake Day Run/Lunch at Lake
- 3-3:30p Transport home
- 3:30-5:30p Down Time - Yoga in gym
- 5:15-6:30p Dinner
- 6:30-8p Active Recreation (Video Analysis in LAC rooms)
- 8-10:15p Evening Featured Recreation Activity in Main Theatre
- 10:15p CURFEW! Everyone in their dorms
- 10:45p LIGHTS OUT!

FRIDAY

- 6:55a Wake up
- 7a Meet in Parking Lot for Active Warm Up
- 7:15-8a Morning Run in Groups, Yoga, or Pool Workout
- 8-9a Breakfast
- 9-10:15a Down Time
- 10:15-11:15a Announcements and Guest Speaker in Main Theater
- 11:15a-12:30p Lunch
- 12:30-1:10p Down Time
- 1:10-1:30p Meet In Main Theatre-Mail Call and Announcements
- 1:30p-3:00p Breakout Sessions Small Group-Classrooms
- 3p-3:15p Get Ready For Afternoon Run
- 3:15p Meet With Group/Departure
- 3:30p-5:30p Afternoon Run/Creek Soak
- 5:15p-6:30p Dinner
- 6:30p-6:45p Clean up/Begin Packing
- 6:45p-8p Mail Call and End of Week Ceremony in Main Theatre
- 8p-10p Dance – Veteran's Park
- 8p-10p Ice Cream Social and Movie in Lounge (Middle School Program Only)
- 10:10p CURFEW! Everyone in the dorms
- 10:30p LIGHTS OUT!

SATURDAY

- 6a Wake up! Load Buses for Graduation Run
- 6:30a-8:30a Graduation run, Pictures and Goodbyes
- 8:30a-9:30a Breakfast
- 9:30a-12pm Check out

ADDITIONAL INFO

Classroom Locations

Video Analysis	Burke Mtn Room, Theater, T202, LAC 412, 413, 414, Stannard Gym, Bole Gym, Athletic Fields, HAC 125
Camp Store	LAC 412, 413, 414 – Times TBA Open During All Free Time LAC 343
Camp Office	Bayley 503 (Coach Roosa) Bayley 505 (Coach Flynn)
Nurses Hours	Bayley 511: 9-10am unless otherwise noted and 6:30-7:30pm
Athletic Trainer	Bayley 513: 9-10am unless otherwise noted and 6:30-7:30pm

