

Sample Weekly Itinerary

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30am	Early Drop Off				
8:30-9:00am	Attendance, Introductions, and Warm Up Games/Activities				
9:00-9:45am	Sport Specific Training	General Conditioning Activities (FMS)	Sport Specific Training	General Conditioning Activities (FMS)	Sport Specific Training
9:45-10:30am	General Conditioning Activities (FMS)	Sport Specific Training	General Conditioning Activities (FMS)	Sport Specific Training	General Conditioning Activities (FMS)
10:30-11:00am	Snack Break				
11:00-11:45am	Trust Games	LOG's	Archery	LOG's	Group Choice
11:45-12:30pm	LOG's	Orienteering	LOG's	Geocaching	LOG's
12:30-1:00pm	Snack Break				
1:00-1:30pm		Swim Lesson		Swim Lesson	
1:30-2:00pm	Swim Lesson	Nutrition Activity	Swim Lesson	Nutrition Activity	Swim Lesson
2:00-2:45pm	Art/Music Activity	Public Swim	Art/Music Activity	Public Swim	Simulated Game (Sport Specific)
2:45-3:30pm	Sport Specific Training		Sport Specific Training		Farewell "Campfire"
3:30-4:00pm	Wrap Up/Farewell		LOG's		
4:00-5:00pm	Late Pick Ups				