

## **2010 Region 7 High Performance Camp**

### **Camp Itinerary**

#### **Friday September 10:**

<b>3-8pm</b>	<b>Check-in/Dinner*</b>
<b>8-9pm</b>	<b>Camp Opening/Woodward Tour</b>
<b>9:30pm</b>	<b>Athletes in cabins</b>
<b>10:00pm</b>	<b>Lights out</b>

#### **Saturday September 11:**

<b>7:00-8:00am</b>	<b>Breakfast</b>
<b>8:00-11:30pm</b>	<b>Warm-up and Rotations</b>
<b>11:30-1:45pm</b>	<b>Lunch</b>
<b>1:45-2:00pm</b>	<b>All-Star Team Meeting</b>
<b>1:45-5:15pm</b>	<b>Warm-up and Rotations</b>
<b>5:15-6:00pm</b>	<b>Open Gym</b>
<b>6:30-9:30pm</b>	<b>Athlete Pizza and Pool Party</b>
<b>6:30-7:30pm</b>	<b>"SIYA" with Coaches/Judges at the Lodge</b>
<b>7:30-9:30</b>	<b>Coaches/Judges Hospitality at the Lodge</b>
<b>9:30pm</b>	<b>Athletes in cabins</b>
<b>10:00pm</b>	<b>Lights out</b>

#### **Sunday September 12:**

<b>7:30-8:30am</b>	<b>Breakfast</b>
<b>8:30-12:00pm</b>	<b>Warm-up and Rotations</b>
<b>12:00-1:00pm</b>	<b>Lunch</b>
<b>1:00-2:45pm</b>	<b>Rotations</b>
<b>2:45-3:15pm</b>	<b>Camp Closing/Prizes</b>
<b>3:30pm</b>	<b>Departure</b>