

U16 JULY Dryland Camp #1

3th-7th July Whistler

**** This Schedule is a guideline and subject to change****

	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th	
Meeting Time/Place	WMSC 9:00	WMSC 8:30am	WMSC 8:30am	Mental Training	Alpha Lake Park 9:00am	WMSC 8:30am
Session 1	Meet and Greet - Camp Plan expectations	Alpha Lake Park, Agility/ explosiveness. 8:30am-10:30am	WMSC Roller Blading 9:00-10:30 am	Park/Lake Yoga/Mobility 9:00am-10:30	Run to the Rings	
	Balance Session and Movement Prep studio	Movement Prep / Upper Body	Introduction to roller blades/balance/basic movements/course			
Session 2	WMSC Gym Session 10:00am-12pm	Lake Games 11:00-12:30pm	WMSC Gym Session 10:30am-12pm	Agility 10:30-12:00pm	All Day Adventure Group Aerial Course/ Zipline/ Rafting 10am-4pm	
	Functional Strength	Slackline/Volley ball/Swim	Functional Strength	Agility obstacle course/Lake Swim/Game		
Lunch Break	Lunch club House 12:00-1:30pm	Lunch 12:30-2:00pm	Lunch 12-1:30	Lunch and relax at lake 12:00-1:30pm	Lunch	
Meeting Time/Place	Blackcomb Base 1:30pm	WMSC 2:00pm	WMSC 1:30 Ride to Cheakamus	WMSC 1:30 meet with MTB		
Session 3	MTB meet Blackcomb Base	WMSC Roller Blading 2:00pm-4:00pm	TEAM HIKE & Swim Loggers Lake	MTB Flank Trail Zone (Stonebridge)	Rafting/ Aerial Course/ Zipline	
	Fitz Creek Skills Park, MTB skills	Introduction to roller blades/balance/basic movements				
Session 4	Green/Blue trail ride		Ride back to WMSC	WMSC Nutrition Talk 3:30pm		
		Mental Training Studio 4pm		Nutrition talk and team dinner shop		
	Pick up Blackcomb Base 4:30pm	Day debrief finish at 4:30pm	Day debrief finish at 4:30pm	Team Dinner 4:30pm -6:30 pm	Day debrief finish at 4:00pm	