

U16 JULY Dryland Camp #1

4th-8th July Whistler

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

	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
Meeting Time/Place	WMSC 9:00	WMSC 8:30am	WMSC 8:30am	PARK TBD 9:00am	WMSC 8:30am
Session 1	Meet and Greet - Camp Plan expectations Balance Session and Movement Prep studio	WMSC Studio/Gym Session 8:30am-10:30am Movement Prep / Upper Body	WMSC Roller Blading 8:30-10:00 am Introduction to roller blades/balance/basic movements/course	Park/Lake Yoga/Mobility 9:00am-10:30 Run to the rings / Body Awareness flow and movement	WMSC Studio/Gym Session 8:30am-10:30am Lower/Upper body Strength Session
Session 2	WMSC Gym Session 10:00am-12pm Lower body Strength Session	Lake TBD 11:00-12:30pm Slackline/Volley ball/Games	WMSC Gym Session 10:30am-12pm Lower body Strength Session	Agility 10:30-12:00pm 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	WMSC 1:30pm	WMSC 2:00pm		Kadenwood Frisbee Golf 1:30pm	Britt Phalen - Bike Ride 11-12:30
Session 3	Bike to Checkamus Gymnastics Warm up ride to Gymnastics Checkamus	WMSC Roller Blading 2:00pm-4:00pm Introduction to roller blades/balance/basic	TEAM HIKE	Frisbee Golf 1:30pm-3:30pm Team Frisbee Golf Game	Talk and Bike Ride
Session 4	Checkamus Trampoline Gymnastics Session 2:30pm-4:00pm - Body Awareness in space and movement	Roller Blading Session	Group Hike TBD Location	WMSC Nutrition Talk 3:30pm Nutrition talk and team dinner shop	
	Ride back to WMSC or Pick up Checkamus- Finish at 4:45pm	Day debrief finish at 4:00pm	Day debrief finish at TBD	Team Dinner 4:30pm -6:30 pm	Day debrief finish at
	What to Bring : Appropriate work out shoes Water bottle Hat / Sunscreen Bike/Helmet/Appropriate shoes/ Bike Lock Roller Blades / Protection				
	Daily Lunch/Snacks Swimming attire/ Bathers/Towel Utner: Foam roller/ yoga mat Backpack Workout Clothing				
	Coaches:	Ella, Katie, Jeremy			