

2018 CAMP OF CHAMPS - DAILY SCHEDULE

7:00 a.m. – 9:30 a.m. – Morning Workout

8:30 a.m. – 9:45 a.m. – Breakfast

10:00 a.m. – 11:00 a.m. – Free Swim

10:00 a.m. – 12:00 p.m. – Free Time (Icing/Injury Prevention, Core/Strength Training, Team Meetings, Goal Setting, Showers, Nap, Fun Time, Etc. Etc.

During Morning Free Time Archery and Canoeing will be available on certain days. Example: On the 1st and 3rd full day of camp Archery will be available from 10-11 a.m. and on the 2nd and 4th day of camp, Canoeing will be available from 10-11 a.m. (We will need to know at Breakfast, who is planning to take part in those activities. That way Jeff North and his staff can plan accordingly.)

12:00 – 1:00 – Lunch

1:30 – 2:00 – Store

2:15 – 3:00 – Clinic/Speaker(Dining Hall unless told otherwise)

3:00 – 3:45 – Team Competition

3:45 – 5:00 – Free Time (Pool will be open, Workout, Nap, Fun Activities)

5:30 – 6:30 – Supper

7:00 – 8:00 – Team Competition

8:00 – 10:30 – Evening Activities (Dance, Talent Show, Team Competition)

11:00 – In Cabins

Store Hours: 1:30 – 2:00

8:00 – 9:30

***Schedule is subject to change!

