

2010 Region 7 High Performance Camp

Camp Itinerary

Friday September 10:

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

Saturday September 11:

7:00-8:00am	Breakfast
8:00-11:30pm	Warm-up and Rotations
11:30-1:45pm	Lunch
12:30-1:30pm	All-Star Team Meeting
1:45-5:15pm	Warm-up and Rotations
5:15-6:00pm	Open Gym
6:30-9:30pm	Athlete Pizza and Pool Party
6:30-7:30pm	"SIYA" with Coaches/Judges at the Lodge
7:30-9:30	Coaches/Judges Hospitality at the Lodge
9:30pm	Athletes in cabins
10:00pm	Lights out

Sunday September 12:

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