

**Ascent Running Camp
Tentative Camp Schedule 2019**

Sunday, July 21st

1:00 – 3:00 PM – Camper arrival, check-in in
3:00 PM – Counselor led floor meetings
3:30 PM – Directors’ quick introduction
3:45 PM – Afternoon Run
6:00 PM – Dinner
7:45 PM – Camp Opening, Logistics, etc.
8:30 PM – Team Building & Lip Sync Activity planning
10:00 PM – Camper floor meetings
10:30 PM – Lights out

Monday, July 22nd

6:30 AM – Wakeup
6:50 AM – Meet for warmup and stretching introduction
7:30 AM – Morning run
9:00 AM – Breakfast
10:00 AM – Coach-led Breakout sessions
11:40 AM – Free time/Meet with camp-teams for Lip-Sync competition planning
12:30 PM – Lunch
1:50 PM – Guest Speaker 1
2:30 PM – Free Time/ Work on Lip-Sync Competition
3:00 PM – Afternoon Skills session (See below)
4:00 PM –Afternoon Stretch and warmup
4:30 PM – Afternoon run/Cross Training
6:00 PM – Dinner
8:00 PM – Lip Sync Competition
10:00 PM – Camper floor meetings
10:30 PM – Lights out

Tuesday, July 23rd

6:30 AM – Wakeup
7:00 AM – Meet for warmup and stretching
7:30 AM – Morning run
9:00 AM – Breakfast
10:00 AM – Coach-led Breakout sessions
11:30 AM – Senior & Team Captain Leadership Activity / Free time
12:30 PM – Lunch

1:50 PM – Teambuilding Activities
3:00 PM – Afternoon Skills session
4:00 PM –Afternoon Stretch and warmup
4:30 PM – Afternoon run/Cross Training
6:00 PM – Dinner
8:00 PM – Gender specific Breakout Sessions
10:00 PM – Camper floor meetings
10:30 PM – Lights out

Wednesday, July 24th

6:30 AM – Wakeup
7:00 AM – Meet for warmup and stretching
7:30 AM – Morning run
9:00 AM – Breakfast
10:00 AM – Breakout sessions
12:30 PM – Lunch
1:45 PM – Skit Planning time
3:00 PM – Afternoon Skills session
4:00 PM –Afternoon Stretch and warmup
4:30 PM – Afternoon run/Cross Training
6:00 PM – Dinner
7:30 PM – Guest Speaker 2
8:30 PM – Movie Night
10:00 PM – Camper floor meetings
10:30 PM – Lights out

Thursday, July 25th

6:30 AM – Wakeup
7:00 AM – Meet for warmup and stretching
7:30 AM – Morning run
9:00 AM – Breakfast
10:00 AM – Camp Olympics
12:00 PM – Dedicated skit planning time
12:30 PM – Lunch
1:45 PM – Free time / Skit planning
3:00 PM – Afternoon Skills session
4:00 PM –Afternoon Stretch and warmup
4:30 PM – Afternoon run/Cross Training
6:00 PM – Dinner
7:45 PM – Skits/Camp Dance

10:00 PM – Camper floor meetings

10:30 PM – Lights out

Friday, July 26th

6:30 AM – Wakeup

7:00 AM – Meet for warmup and stretching

7:30 AM – Morning run

9:00 AM – Breakfast

9:45 AM – Camp Closing

11:00 AM – Camper departure begins