



W I N G S

WINGS OF AMERICA

Running & Fitness Camp

AGENDA

Day 1:

- 8:00 am: On-Site Registration
Introductions
- 8:30am: Running Dynamics - Warm ups
- 8:45 am: Run
- 9:15 am: Stretching
- 9:30 am: Water Break and Snacks
- 9:45 am: Icebreaker – The Human Knot
- 10:00 am: Game #1 – Capture the Goat
- 10:45 am: Game #2 – Pro Ball
- 11:30 am: Mini Fair Presentation 1 - Nutrition
- 12:00 pm: Lunch
- 1:00 pm: Mini Fair Presentation 2 - Diabetes
- 1:30 pm: Game #3 – Chief Wars
- 2:00 pm: Water Break and Snacks
- 2:15 pm: Game #4 – Paranoia
- 2:50 pm: Closing

Wings of America

American Indian Youth Development Programs

The Earth Circle Foundation, Inc.

901 W. San Mateo Rd., Suite M - Santa Fe, NM 87505

Phone 505-982-6761 • Fax 505-989-8995

E-mail: takeflight@wingsofamerica.org



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WINGS OF AMERICA

Running & Fitness Camp

AGENDA

Day 2:

- 8:00 am: On-Site Registration
Introductions
- 8:30am: Running Dynamics - Warm ups
- 8:45 am: Run
- 9:15 am: Stretching
- 9:30 am: Water Break and Snacks
- 9:45 am: Icebreaker – I've Got Email
- 10:00 am: Game #1 – Salute the Chief
- 10:45 am: Game #2 – Native Football
- 11:30 am: Mini Fair Presentation 1 – Nutrition
- 12:00 pm: Lunch
- 1:00 pm: Mini Fair Presentation 2 – Substance/Difference
- 1:30 pm: Game #3 – Grizzly Bear
- 2:00 pm: Water Break and Snacks
- 2:15 pm: Campers Choice
- 2:50 pm: Closing

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