



W I N G S

WINGS OF AMERICA

Running & Fitness Camp

AGENDA- Santa Fe Camp June 20-21st

Drop-off/Registration: Alto Park (behind pool), 8:00-9:00am

Pick-up: Gonzales Community School, 3:00pm

Day 1:

- 8:00 am: On-Site Registration Opens (Alto Park Behind Pool)
Ice-Breakers/pre-run games
- 9:00 am: Running Dynamics - Warm ups
- 9:15 am: Running Dynamics & Stretches (Warm Up)
- 9:45 am: Run
- 10:15 am: Water Break/Cool-down
- 10:30 am: Game #1 (field)
- 11:30 am: Mini Fair Presentation 1- Nutrition
- 12:00 pm: Lunch (@ Gonzales)
- 1:00 pm: Mini Fair Presentation 2 – Social Responsibility
- 1:30 pm: Game #2 (gym)
- 2:15 pm: Game #3 (gym or playground)
- 2:50 pm: Closing
- 3:00 pm: Dismissal

Wings of America

American Indian Youth Development Programs

The Earth Circle Foundation, Inc.

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WINGS OF AMERICA

Running & Fitness Camp

AGENDA

Day 2:

- 8:00 am: On-Site Registration Opens (Alto Park Behind Pool)
Ice-Breakers/pre-run games
- 9:00 am: Running Dynamics - Warm ups
- 9:15 am: Running Dynamics & Stretches (Warm Up)
- 9:45 am: Run
- 10:15 am: Water Break/Cool-down
- 10:30 am: Game #1 (field)
- 11:30 am: Mini Fair Presentation 1- Diabetes
- 12:00 pm: Lunch (@Gonzales)
- 1:00 pm: Mini Fair Presentation 2 – Staying Above the
Influence
- 1:30 pm: Game #2 (gym)
- 2:15 pm: Game #3 (gym or playground)
- 2:50 pm: Closing
- 3:00 pm: Dismissal