AGENDA

Day 1:

8:00 am: On-Site Registration
Introductions
8:30 am: 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
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