



Wings of America Running & Fitness Camp Agenda

Day 1 and 2:

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| 8:00 am - 9:00 am: | On-Site Registration |
| 9:00 am - 9:30 am: | Introductions/Icebreakers |
| 9:30 am - 10:00 am: | H2O Break, Dynamic Warm-up/Form/Drills |
| 10:00 am - 10:30 am: | Run |
| 10:30 am - 11:00 am: | Cool Down, Group Stretch, MYRTL (Hip Exercises) |
| 11:00 am - 11:30 am: | Group Game #1 |
| 11:30 am - 12:00 noon: | Group Game #2 |
| 12:00 noon - 1:00 pm: | LUNCH |
| 1:00 pm - 1:45 pm: | Group Game #3 |
| 1:45 pm - 2:15 pm: | Mini Fair Presentation Set 1 (Set 2 done on day 2) |
| 2:15 pm - 2:45 pm: | Group Game #4 (Campers' Choice on day 2) |
| 2:45 pm - 3:00 pm: | Closing (Snack if available) |
| 3:00 pm: | DISMISSAL |

**Agenda is subject to change if site coordinators are able to provide snacks or have special components they'd like to add to the schedule.