

# U14/U12 Fitness Camp # 2

**\*\* This Schedule is a guideline and only to be used as a starting point Days can be adjusted based on Weather forecasts and #'s \*\***

**July 18th - 22nd 2022**

**U12 join for two day Fitness camp #1**

	Monday	Tuesday	Wednesday	Thursday	Friday
Meeting Time & Location	10 AM WMSC Cabin Parking with bike	9:00 AM Rafting - meet Cougar Mountain Road	10 AM Spruce Grove with bike	Rainbow Hike Meeting at base of rainbow Hike on Westside road Alta Lake Road)	10 AM WMSC with bike
AM	Meet and Greet, Week overview, Ice breaker Game  10:30 - 12 Roller Blading Learn to blade and Roller Blade Courses	Group Rafting 9:30-11:30  Parents pick up kids for 11:30	Bike to Rainbow for Volleyball / Sand Workout  Sand Workout 30 Minutes Volleyball on sand courts Rainbow Park	Hike rainbow Mountain  9:15- 12:00 Ascent  Hike	MTB Bike Ride - Cheakamaus   MTB Bike Ride
Lunch	Break 12:00- 12:30	Break 12:00- 13:30	Break 12:00-12:30	Break 12:00- 12:30	Break 12:00- 12:30
PM	Dryland 12:30-15:00  Run to the Olympic Rings, Core, Mobility and Flexibility	Spruce Grove 13:30 - 15:30  Field Workout and games  Roller Blading Roller Blade practice and courses.	Pickle Ball  Whistler Racket club 12:30-14:00 Pickle Ball and Tennis	12:30 - 15:00 Descent  Hike rainbow Mountain	12:30 - 16:00  Field workout and games followed by stretch and camp debrief and BBQ  WMSC BBQ of Champions (parents invited) - 16:00
Pickup	15:00 PM WMSC	16:30 Spruce Grove	14:00 Whistler Racket club	15:00 Pickup Spruce Grove	16:00 Meet BBQ at WMSC