

# U16 JULY Dryland Camp #2

18th-22nd July Whistler

**\*\* This Schedule is a guideline and subject to change\*\***

	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
<b>Meeting Time/Place</b>	WMSC 9:00		WMSC 7:45	LOCATION TBD	WMSC 8:30am
<b>Session 1</b>	Meet and Greet - Camp Plan/expectations 9:00-10:00am Balance Session and Movement Prep studio	RAFTING 9am-11:30am	Breakfast at Club before Bike Ride BIKE RIDE 9:00-11:00am	TEAM HIKE Group Hike TBD Location	WMSC Studio/Gym Session 8:30am-10:00am Upper Body Session
<b>Session 2</b>	WMSC Gym Session 10:00am-12pm Lower body Strength Session	Cougar Mountain Rd Green River Rafting			Session TBD (Beach) Run to the Rings
<b>Lunch Break</b>	Lunch 12:00-1:30pm	Lunch on your own prepare for Afternoon	Lunch at WMSC Cabin	Lunch on hike	Lunch
<b>Meeting Time/Place</b>	Bike to Checkamus Gymnastics				WMSC 1:30pm
<b>Session 3</b>	Checkamus Trampoline Gymnastics Session 2:30pm-4:00pm Checkamus Trampoline Gymnastics Session 2:30pm-4:00pm - Body Awareness in space and movement	WMSC Roller Blading 1:30pm-3:30pm Introduction to roller blades/balance/basic movements	WMSC Lower Body 2:00pm-4:00pm Lower body Strength Session	Yoga/Recovery/Relaxation WMSC	WMSC Roller Blading 1:30pm-3:00pm Introduction to roller blades/balance/basic movements
<b>Session 4</b>					4pm BBQ of Champions at WMSC
	Day debrief finish at 4:30pm	Day debrief at 3:45pm	Day debrief finish at 4:15pm	Day Debrief TBD	
<div> <div> <b>What to Bring :</b>            Appropriate work out shoes            Water bottle            Hat / Sunscreen            Bike/Helmet/Appropriate shoes/Bike Lock/Bike Pump            Roller Blades / Protection         </div> <div>           Daily Lunch/Snacks            Swimming attire/Bathers/Towel            Other: Foam Roller/ Yoga Mat            Backpack            Workout Clothing         </div> </div>					
	<b>Coaches:</b>	Ella, Katie, Jeremy			