



2014 Not Too Late Daily Schedule

Friday, August 1

CAMP PHOTOGRAPHER HERE FROM 8:30-12 noon

6:30 - 7:30	Breakfast
7:45 - 8:15	Stretching and aerobics with Jessica
8:20 - 8:33	Skill station (13 minutes/station)
8:33 - 8:46	Skill station
8:46 - 8:59	Skill station
9:00 - 9:05	BREAK
9:05 - 9:18	Skill station (13 minutes/station)
9:18 - 9:31	Skill station
9:31 - 9:44	Skill station
9:45 - 10:15	Team practice for 6 teams Lyndi Kelley – Becoming Dominant: How strength training can improve performance and prevent injury
10:20 - 10:50	Team practice for 6 teams Lyndi Kelley – Becoming Dominant: How strength training can improve performance and prevent injury
10:55 - 11:25	games for 1/2 of camp (25 minutes running time) TEAM PHOTOS
11:30 - 12:00	games for 1/2 of camp (25 minutes running time) TEAM PHOTOS
12:00 - 1:00	LUNCH
1:00 - 1:30	Camper introductions
1:40 - 1:50	Skill station (10 minutes/station)
1:50 - 2:00	Skill station
2:00 - 2:10	Skill station
2:10 - 2:15	BREAK
2:15 - 2:25	Skill station (10 minutes/station)
2:25 - 2:35	Skill station
2:35 - 2:45	Skill station
3:00 - 3:45	game for 1/2 of camp (2/12 minute halves)
4:00 - 4:45	game for 1/2 of camp (2/12 minute halves)
5:00 - 6:00	Shooting Contest open to all campers (timed shooting from specific spots) Finals will be held Sunday morning

Dinner on your own - see you in the morning!

*"Push the pace. Extend the lead."
Author unknown*