



2014 Not Too Late Daily Schedule

Saturday, August 2

6:30 - 7:30	Breakfast
7:45 - 8:15	Stretching and aerobics with Jessica
8:25 - 9:00	ALL CAMP SESSION –
9:00 - 9:05	BREAK
9:05 - 9:35	Practice for 6 teams Ann Babbitt, MD - THE KEYS TO HEALTHY KNEES! Quad strength, knee extension & balance (hands on session)
9:40 - 10:10	Practice for 6 teams Ann Babbitt, MD - THE KEYS TO HEALTHY KNEES! Quad strength, knee extension & balance (hands on session)
10:15 - 11:00	games for 1/2 of camp (2/12 minute halves)
11:05 - 11:50	games for 1/2 of camp (2/12 minute halves)
12:00 - 1:00	LUNCH
1:00 – 1:15	Stretching On Your Own
1:15 - 1:45	ALL CAMP SESSION
1:50 – 2:03	Skill station (13 minutes/station)
2:03 – 2:16	Skill station
2:16 – 2:29	Skill station
2:29 – 2:35	BREAK
2:35 – 2:48	Skill station (13 minutes/station)
2:48 – 3:01	Skill station
3:01 – 3:14	Skill station
3:25 – 4:00	game for 1/2 of camp (30 minutes running time)
4:05 – 4:45	game for 1/2 of camp (30 minutes running time)

Portland Harbor Cruise Tonight
We will leave from the parking lot behind the dorm at 5:40 pm

“What gets measured..gets done”
Author unknown