

**Ascent Running Camp  
Tentative Camp Schedule 2018**

**Sunday, July 22<sup>nd</sup>**

1:00 – 3:00 PM – Camper arrival, check-in in  
3:00 PM – Counselor led floor meetings  
3:30 PM – Directors’ quick introduction  
3:45 PM – Afternoon Run  
6:00 PM – Dinner  
7:45 PM – Camp Opening, Logistics, etc.  
8:30 PM – Team Building & Lip Sync Activity planning  
10:00 PM – Camper floor meetings  
10:30 PM – Lights out

**Monday, July 23<sup>rd</sup>**

6:30 AM – Wakeup  
6:50 AM – Meet for warmup and stretching introduction  
7:30 AM – Morning run  
9:00 AM – Breakfast  
10:00 AM – Coach-led Breakout sessions  
11:40 AM – Free time/Meet with camp-teams for Lip-Sync competition planning  
12:30 PM – Lunch  
1:50 PM – Guest Speaker 1  
2:30 PM – Free Time/ Work on Lip-Sync Competition  
3:00 PM – Afternoon Skills session (See below)  
4:00 PM –Afternoon Stretch and warmup  
4:30 PM – Afternoon run/Cross Training  
6:00 PM – Dinner  
8:00 PM – Lip Sync Competition  
10:00 PM – Camper floor meetings  
10:30 PM – Lights out

**Tuesday, July 24<sup>th</sup>**

6:30 AM – Wakeup  
7:00 AM – Meet for warmup and stretching  
7:30 AM – Morning run  
9:00 AM – Breakfast  
10:00 AM – Coach-led Breakout sessions  
11:30 AM – Senior & Team Captain Leadership Activity / Free time  
12:30 PM – Lunch

1:50 PM – Teambuilding Activities  
3:00 PM – Afternoon Skills session  
4:00 PM –Afternoon Stretch and warmup  
4:30 PM – Afternoon run/Cross Training  
6:00 PM – Dinner  
8:00 PM – Gender specific Breakout Sessions  
10:00 PM – Camper floor meetings  
10:30 PM – Lights out

### **Wednesday, July 25<sup>th</sup>**

6:30 AM – Wakeup  
7:00 AM – Meet for warmup and stretching  
7:30 AM – Morning run  
9:00 AM – Breakfast  
10:00 AM – Breakout sessions  
12:30 PM – Lunch  
1:45 PM – Skit Planning time  
3:00 PM – Afternoon Skills session  
4:00 PM –Afternoon Stretch and warmup  
4:30 PM – Afternoon run/Cross Training  
6:00 PM – Dinner  
7:30 PM – Guest Speaker 2  
8:30 PM – Movie Night  
10:00 PM – Camper floor meetings  
10:30 PM – Lights out

### **Thursday, July 26<sup>th</sup>**

6:30 AM – Wakeup  
7:00 AM – Meet for warmup and stretching  
7:30 AM – Morning run  
9:00 AM – Breakfast  
10:00 AM – Camp Olympics  
12:00 PM – Dedicated skit planning time  
12:30 PM – Lunch  
1:45 PM – Free time / Skit planning  
3:00 PM – Afternoon Skills session  
4:00 PM –Afternoon Stretch and warmup  
4:30 PM – Afternoon run/Cross Training  
6:00 PM – Dinner  
7:45 PM – Skits/Camp Dance

10:00 PM – Camper floor meetings

10:30 PM – Lights out

**Friday, July 27<sup>th</sup>**

6:30 AM – Wakeup

7:00 AM – Meet for warmup and stretching

7:30 AM – Morning run

9:00 AM – Breakfast

9:45 AM – Camp Closing

11:00 AM – Camper departure begins