

7 October 2023 "Thrills and Chills" Camp Schedule Ver 2.0

	Turkeys (Younger Group)	Mashed Potatoes (Older Group)
9:00		
9:15		Ice #1
9:30		9:00 - 10:15
9:45		Theme: Technical tune-up, part 1
10:00	Change/Welcome	
10:15	10:00-10:30	Change 10:15-10:30
10:30	Ice	Dryland 10:30 - 11:15
10:45	10:30 - 11:30	
11:00	Theme: Skills and starts	
11:15		Change/Snack 11:15-11:45
11:30	11:30 - 12:15 Change/Lunch	
11:45		Ice
12:00		11:45 - 1:00
12:15	Dryland	Theme: All about relays
12:30	12:15 - 12:45	
12:45	Change 12:45 - 1:15	
13:00		Change/Lunch 1:00 - 1:45
13:15	Ice	
13:30	1:15 - 2:15	
13:45	Theme: Passing and Track Pattern	Dryland
14:00		1:45 - 2:15
14:15	Change 2:15 - 2:45	Change 2:15-2:30
14:30		Ice
14:45	Dryland	2:30-3:30
15:00	2:45-3:15	Theme: Technical Consolidation
15:15	Change 3:15 - 3:45	
15:30		Change/Snack 3:30 - 4:00
15:45	Ice	
16:00	3:45 - 4:30	
16:15	Theme: Getting ready to race	Classroom
16:30	Change 4:30 - 5:00	4:00-5:00
16:45		
17:00	Scavenger Hunt 5:00 - 6:00	Scavenger Hunt 5:00 - 6:00
17:15		
17:30		
17:45		
18:00	18:00 - END	18:00 - END