

## Adventure Camp Schedule

Nov 13-15 2009

### Friday

4 - 5pm  
5pm

Arrival  
Welcome ceremony

5:30 - 6:00pm  
6:00 - 7:30pm  
7:30 - 8:30pm  
8:30-9:30pm  
8:30 - 10:30pm  
10:30pm  
11:00pm

Warm-up and Short Clinic With  
Marylee Tracy Burdette and Chris  
Burdette  
Workout  
Dinner  
Presentation W/Connie Maloney & Judges  
Activities for campers  
Campers in cabins  
Lights out

### Saturday

7:30 - 8:45am  
  
9:00am - 12:00pm  
9 - 9:30am  
9:30 - 10:30  
10:30 - 11:30  
11:30 - 12:30  
12:30 - 1:30pm  
1:30 - 5:00pm  
1:30 - 2:00pm  
2:45 - 3:30pm  
3:30 - 5:00pm  
5:00 - 6:00pm

Breakfast  
Adventure Camp Training and routine  
evaluation  
Warm-up Short Clinic W/Tammy Biggs  
Rotation 1  
Rotation 2  
Rotation 3  
Lunch  
Open/Activities for Campers  
Coaches Clinic W/ Svetlana Boginskya  
Coaches Clinic W/Tammy Biggs  
Optional Open Gym Time  
Dinner

6:00 - 6:30pm  
6:30 - 7:30pm  
7:30 - 8:30pm  
8:30 - 10:30pm  
9:30 - 10:00pm  
10:30pm  
10:30pm  
11:00pm

Warm-up and Short Clinic Svetlana  
Boginskya  
Rotation 4  
Rotation 5  
Open / Activities for campers  
Coaches Clinic W/Mary Lee Tracy  
Campers in Cabins  
Coaches Social  
Campers Lights Out

### Sunday

8:30 - 9:45am  
  
10:00 - 10:30am  
10:30 - 1:00pm  
1:00pm

Breakfast  
Warm up and Short Clinic W/Marylee  
Tracy  
Open Workout  
Depart  
Clinicians and Schedule subject to  
Change

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