



# Smarter Training CC Camp

## Monday Schedule

July 11<sup>th</sup>, 2016



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- 7:00 a.m. – **Omega Wave Testing Begins in Cimarron**
  - 8:30 a.m. – **Pikes Peak Room Opens for First Session**
  - 9:00 a.m. – **Injury Prevention Workshop  
Proper Shoe Size Workshop  
Proper Stretching Workshop**
  - 10:30 a.m. – **Ice Breaker Activity – The Atom Game**
  - 11:00 a.m. – **Rotating Workshops; Fed Up, Form Analysis, First Aid & CPR for Runners, Setting Your HR Monitor Zones with Running Safety**
  - 12:15 p.m. – **LUNCH BEGINS**
  - 1:00 p.m. – **Team Orientation**
  - 2:00 p.m. – **Rotating Workshops; Fed Up, Form Analysis, First Aid & CPR for Runners, Setting Your HR Monitor Zones with Running Safety**
  - 3:30 p.m. – **Team Orientation, Surprise Activity & Coaches Meeting**
  - 4:45 p.m. – **Evening Run at soccer fields**
  - 6:00 p.m. – **Evening Meal Begins**
  - 7:00 p.m. – **Mr. Eric Cahn – Holocaust Survivor**
  - 8:30 p.m. – **Guinness Book of World Records Attempt**
  - 10:00 p.m. – **Back to Rooms**
  - 10:30 p.m. – **Lights Out**