

AUGUST 6TH TO 9TH, 2008

CCCC

COWLEY TIGERS XC CAMP

DAILY SCHEDULE

Wednesday

5:00-7:30pm	Registration at College Recreation Building (food will be provided)
8:00pm	Meet in front of College Recreation Building
8:15pm	Welcome meeting and staff introduction
8:45-9:15pm	Training group meeting, get to know your team and counselor
9:15-10:00pm	Presentation 1—A runners guide to Nutrition (part 1)
10:00pm	Return to room—get ready for bed
10:30pm	Lights out

Thursday

7:00am	Wake Up
7:15-8:00am	Breakfast (location to be announced)
8:00-8:30am	Presentation 1—A runners guide to Nutrition (part 2)
8:30-8:45am	Drive to Cross Country Trails
8:45-9:45am	Run and stretch with training group, (water provided)
9:45am	Back to campus to get cleaned up
10:15-11:15am	Presentation 2—Physiology of Running
11:15-12:45pm	Lunch (location to be announced)
12:45-1:30pm	Presentation 3—Team Covenant, the foundation of a team
1:45-3:45pm	Rotating Stations (College Recreation Building) - 30minutes each
	1) Dynamic Warm-up
	2) Injury Prevention Exercises
	3) Javorek Abdominal Program
	4) Javorek Dumbbell Complex Lift
3:45pm	Cool down jog and stretch
4:15-4:45pm	Shower and change clothes
4:45-6:15pm	Dinner
6:15-6:45pm	Split into Training Groups, discuss group competitions
7:00-9:00pm	Begin the group competitions
9:00pm	Discuss tomorrow's activities, recovery run with training groups
10:15pm	Return to room-get ready for bed
10:45pm	Lights out

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DAILY SCHEDULE

Friday

7:00am	Wake Up
7:15-8:00am	Breakfast (location to be announced)
8:00-8:30am	Presentation 4—Caffeine and Endurance sports
8:30-8:45am	Drive to Cross Country Trails
8:45-10:00am	Run and stretch with training group (water provided) Back to campus to get cleaned up
10:15-11:15am	Q & A with staff about different running topics
11:15-12:45pm	Lunch (location to be announced)
12:45-1:30pm	Presentation 5—Proper shoe fitting
1:45-3:45pm	Continue with Group Competitions
3:45pm	Cool down jog and stretch
4:15-4:45pm	Shower and change clothes
4:45-6:15pm	Dinner
6:15-6:45pm	Get into training groups and get ready to head to the Track Complex
6:45-8:00pm	Cowley Tiger Mile Challenge at Cowley College Track Complex <i>This will be a race between selected campers and members of the Cowley Tiger Cross Country Team</i>
8:00pm	Shower and clean up
9:30pm	Snacks and Camp Farewell
10:15pm	Return to room-get ready for bed
10:45pm	Lights out

Saturday

7:00am	Wake Up
7:15-8:00am	Breakfast (location to be announced)
8:00-8:45am	Drive to Cross Country Trails
8:45-9:45am	Run and stretch with training group (water provided)
10:00am	Head back, and shower get cleaned up
11:00am	Coordinate your checkout time with your Counselor
11:00am	Shower, check out of room and eat lunch (location to be announced)