

MULTI-SPORT | AGES 11-12

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.	Open Gym Court 1/2/3 Drop-off	Open Gym Court 1/2/3 Drop-off	Open Gym Court 1/2/3 Drop-off	Open Gym Court 1/2/3 Drop-off	Open Gym Court 1/2/3 Drop-off
9:00 a.m.	Reaction & Communication Games (Dodgeball) Flex Space	Low Organized Games / Activity Flex Space	Sports Movie Conference Centre	Agility / Change of Direction Flex Space	Reaction & Communication Games (Spikeball) Flex Space
10:15 a.m.	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre
10:30 a.m.	Agility Obstacle Course & Small sided games Court 2	Nutrition Workshop - Hao-Yi Sim Conference Centre	Recovery Workshop / Games Court 2	Scavenger Hunt – Richard Harzing Hall of Fame	Goal Setting – Paige Zaporzan Conference Centre
11:30am	Sport Showcase I Volleyball Court 1	Sport Showcase I Basketball Court 1	Sport Showcase I Badminton Court 1	Sport Showcase I Table Tennis Court 1	Sport Showcase I Ultimate Court 1
12:30 p.m.	Lunch Conference Centre	Lunch Conference Centre	Lunch + finish movie Conference Centre	Lunch Conference Centre	Lunch Conference Centre
1:30 p.m.	Fitness Centre & Facility Tour Fitness Centre	Sport Trivia – Richard Harzing Hall of Fame	Bootcamp Flex Space	Sports Psych – Paige Zaporzan Conference Centre	Performance Athlete Talk – Jen Saunders Conference Centre
2:30 p.m.	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre	Snack break Conference Centre
2:45 p.m.	Sport Showcase II Fencing Court 1	Sport Showcase II Cricket Flex Space	Sport Showcase II Run / Jump / Throw Court 1	Sport Showcase II Wrestling Flex Space	Sport Showcase II Judo Court 1
4:00 p.m.	Open Gym Court 1 & 2 Pick-up	Open Gym Court 1 & 2 Pick-up	Open Gym Court 1 & 2 Pick-up	Open Gym Court 1 & 2 Pick-up	Open Gym Court 1 & 2 Pick-up