

	Day 1	Day 2	Day 3	Day 4	Day 5
8:00 a.m.	Open Gym Drop-off	Open Gym Drop-off	Open Gym Drop-off	Open Gym Drop-off	Open Gym Drop-off
9:00 a.m.	Reaction & Communication Mini Games	Low Organized Games / Activity	Sports Movie	Agility / Change of Direction	Reaction & Communication Mini Games
10:15 a.m.	Snack break	Snack break	Snack break	Snack break	Snack break
10:30 a.m.	Obstacle Course	Nutrition Workshop	Recovery Workshop	Scavenger Hunt	Goal Setting
11:30am	Sport Showcase I Volleyball	Sport Showcase I Basketball	Sport Showcase I Badminton	Sport Showcase I Table Tennis	Sport Showcase I Ultimate
12:30 p.m.	Lunch	Lunch	Lunch + finish movie	Lunch	Lunch
1:30 p.m.	Fitness Centre & Facility Tour	Sport Trivia	Yoga	Sports Psychology	Performance Athlete Talk
2:30 p.m.	Snack break	Snack break	Snack break	Snack break	Snack break
2:45 p.m.	Sport Showcase II Fencing	Sport Showcase II Cricket	Sport Showcase II Run / Jump / Throw	Sport Showcase II Wrestling	Sport Showcase II Judo
4:00 p.m.	Open Gym Pick-up	Open Gym Pick-up	Open Gym Pick-up	Open Gym Pick-up	Open Gym Pick-up