

PERFORMANCE GROUP

	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.	Sport Showcase Volleyball Courts 1 & 2	Sport Showcase Basketball Courts 1 & 2	Sport Showcase Badminton Courts 1 & 2	Sport Showcase Table Tennis Courts 1 & 2	Sport Showcase Ultimate Courts 1 & 2
10:30 a.m.	Shower & snack break Theatre	Shower & snack break Theatre	Shower & snack break Theatre	Shower & snack break Theatre	Shower & snack break Theatre
11:00 a.m.	Athlete Education - Warm-Ups Foam Rolling / Bands / Agility Ladder / Plyometrics Flex Space (until 11:30am) or Performance Centre	Group A – TRX w Orvana Sungeelee Fitness Studio Group B - Scavenger Hunt Hall of Fame – Richard Harzing	Athlete Education Core & Plyometrics Core circuit / Plyo circuit with partner mirror drills Flex Space	Group A – Spin w Allison Pattison Spin Studio Group B -Reaction & Communication Games Flex Space	Mobility & Recovery Mobility flow, Foam roll, lacrosse ball, bands, stretch Flex Space
12:00 p.m.	Lunch + Learn – Carrie Peters Theatre	Lunch + Learn – Davis Chase Theatre	Lunch + Learn – Neal Prokop Theatre	Sport Movie Theatre	Finish Sport Movie Theatre
1:00 p.m.	Strength & Conditioning Sport Testing & Facility Tour Flex Space Performance Centre	Group B – TRX w Orvana Sungeelee Fitness Studio Group A – Scavenger Hunt Hall of Fame – Richard Harzing	Strength & Conditioning Workout of the Day Flex Space Performance Centre – warm up until 1:30 pm in Flex then move to PC	Group B – Spin w Allison Pattison Spin Studio Group A - Reaction & Communication Games Court 1	Strength & Conditioning Workout of the Day Flex Space Performance Centre
2:00 p.m.	Neal Prokop & Camp Leaders	Foam Roll & Mobility work / Games Court 1 Performance Centre	Snack Break at 2:30-2:45	Agility/Change of Direction Court Performance Centre	Snack Break at 2:30-2:45
2:30 p.m.					
3:00 p.m.	Reaction & Communication Games (Dodgeball Variations) Court 2 Flex Space	Workshop – Nutrition Hao-Yi Sim Theatre	Reaction & Communication Games (Spikeball) Court 2 Flex Space	Dodgeball & Small sided games (ex -Mini soccer, 3on3 bball, tag games) Court 1	Reaction & Communication Games (Tchoukball) Court 2 Flex Space
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