



# Smarter Training CC Camp

## Friday Schedule

July 15<sup>th</sup>, 2016



- 
- 7:30 a.m. – Breakfast Begins
  - 9:00 a.m. – The Power of the Mind w/ Brandon, Wellman & Ramsey
  - 10:30 a.m. – Ice Breaker Activity – Kings, Knights & Horseman
  - 11:00 p.m. – Five Important Things to Know – Chris Musgrove
  - Noon – Lunch Begins - Pay Alex or Gwen for HR Monitors  
Sign-up for Talent Show w/ James
  - 1:00 p.m. – Setting Up a Training Program - Part 2
  - 2:15 p.m. – 10 Things I Wish I Had Known in High School!
  - 2:30 p.m. – Nutrition w/ Dr. George & Dr. Michelle Stanton
  - 3:30 p.m. – Practice for Colorado's Got Talent or Swimming  
w/ staff & Coaches Meeting
  - 4:30 p.m. – Evening Run at Garden of the Gods
  - 6:30 p.m. – Evening Meal Begins
  - 8:00 p.m. – Imaginary Olympics
  - 10:30 p.m. – Back to Rooms
  - 11:00 p.m. – Lights Out!

### July 16<sup>th</sup>, 2016

- 6:45 a.m. – Leave for a hike at Red Rock Open Space