

SPIRE Throws Schedule 4 Day Camp

DAY 1

1:00 pm	Arrive at SPIRE Academy and Move into Dorms [Check In]
2:00 pm	Introductions - Coaches and Athletes
2:30 pm	Warm Ups on Track
3:00 pm	Training Session #1 at Throws Field)
4:30 pm	Mental Skills Training #1
5:45 pm	Day Camp Pick-up at SPIRE Academy Entrance
6:00 pm	Dinner at SPIRE Fuel
7:00 pm	Free Time / Group Activities
10:30 pm	Lights Out

DAY 2

8:15 am	Day Camp Check In at SPIRE Academy
8:30 am	Breakfast at SPIRE Fuel
9:00 am	Warm ups on Track
9:30 am	Training Session #2 at Throws Field
12:00 pm	Lunch at SPIRE Fuel
1:00 pm	SPIRE Academy and Camp Q&A
1:30 pm	Warm up in SPIRE Performance
2:00 pm	SPIRE Performance [Weight Training]
4:00 pm	NCAA and Compliance in SPIRE Academy
4:45 pm	Training Session #3 at Field
5:45 pm	Warm Down and Day Camp Pick-up at SPIRE Academy Entrance
6:00 pm	Dinner in SPIRE Fuel
7:00 pm	Free Time / Group Activities
10:30 pm	Lights Out

DAY 3

8:15 am	Day Camp Check In at SPIRE Academy
8:30 am	Breakfast at SPIRE Fuel
9:30 am	Warm ups on Track
10:00 am	Training Session #4 at Throws Field
12:00 pm	Lunch at SPIRE Fuel
1:30 pm	Mental Skills Training #2
2:30 pm	Warm up on Track
3:00 pm	Training Session #5 at Throws Field
5:00 pm	Warm Down on Track
5:45 pm	Day Camp Pick-up at SPIRE Academy Entrance
6:00 pm	Dinner in SPIRE Fuel
7:00 pm	Free Time / Group Activities
10:30 pm	Lights Out

DAY 4

8:15 am	Day Camp Check In at SPIRE Academy
8:30 am	Breakfast at SPIRE Fuel
9:30 am	Warm Up on Track
10:00 am	Training Session #6 at Throws Field
12:00 pm	Lunch, Camp Wrap Up and Campers Pick Up [SPIRE Academy]