

## SPIRE Track and Field 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
3:00 pm	Training Session #1
5:45 pm	Day Camp Pick-up at SPIRE Academy Entrance
6:00 pm	Dinner at SPIRE Fuel
7:00 pm	Film Review with Coaches
8:00 pm	Free Time / Group Activities
10:30 pm	Lights Out

### DAY 2

7:30 am	Breakfast at SPIRE Fuel
8:15 am	Day Camp Check In at SPIRE Academy
8:30 am	Training Session #2
12:00 pm	Lunch at SPIRE Fuel
1:00 pm	Mental Skills Training
2:00 pm	SPIRE Performance [Weight Training]
5:45 pm	Day Camp Pick-up at SPIRE Academy Entrance
6:00 pm	Dinner at SPIRE Fuel
7:00 pm	Film Review with Coaches
8:00 pm	Free Time / Group Activities
10:30 pm	Lights Out

### DAY 3

7:30 am	Breakfast at SPIRE Fuel
8:15 am	Day Camp Check In at SPIRE Academy
8:30 am	Training Session #3
12:00 pm	Lunch at SPIRE Fuel
1:00 pm	Mental Skills Training
2:00 pm	Training Session #4
5:45 pm	Day Camp Pick-up at SPIRE Academy Entrance
6:00 pm	Dinner at SPIRE Fuel
7:00 pm	Film Review with Coaches
8:00 pm	Free Time / Group Activities
10:30 pm	Lights Out

### DAY 4

7:30 am	Breakfast at SPIRE Fuel
8:15 am	Day Camp Check In at SPIRE Academy
8:30 am	Mental Skills Training
10:00 am	Competition between Campers
12:00 pm	Camp Wrap Up and Campers Pick Up [SPIRE Academy]