	Sunday June 20	Monday June 21	Tuesday June 22	Wednesday June 23	Thursday June 24	Friday June 25	Saturday June 26	Sunday June 27
600		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST		
630								BREAKFAST
700		Depart Conn College	Depart Conn College	Depart Conn College	Depart Conn College	Depart Conn College		
730		Arrive Rogers Lake- DYNAMIC WARMUP	Arrive Rogers Lake- DYNAMIC WARMUP	Arrive Rogers Lake- DYNAMIC WARMUP	Arrive Rogers Lake- DYNAMIC WARMUP	Arrive Rogers Lake- DYNAMIC WARMUP		Depart Conn College
800		Launch	Launch	Launch	Launch	Launch		Arrive Rogers Lake- DYNAMIC STRETCHING
830		ROW 1 (Group 1 Sweep, Group 2 Scull)	ROW 3	ROW 5 (Group 2 Sweep, Group 1 Scull)	ROW 7	ROW 9 (Group 1 Sweep, Group 2 Scull)		Launch
900								ROW 11
930								
1000		Land	Land	Land	Land	Land		
1030		Depart Rogers Lake	Depart Rogers Lake	Depart Rogers Lake	Depart Rogers Lake	Depart Rogers Lake		Land
1100		Return Conn College	Return Conn College	Return Conn College	Return Conn College	Return Conn College		YOGA at Lake
1130		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		Return Conn College
1200	Campers Begin to Arrive Move in, Meet RA's, roommates							LUNCH
1230		LESSON: TRAINING LOGS: How, why, when?	VIDEO REVIEW -sweep, scull groups review	LESSON: NUTRITION- Keeping a food log, healthy dinning hall choices	VIDEO REVIEW - sweep, scull review	LESSON: STRENGTH- Core, body weight		
100								FREE TIME
130		Free time	Free time	Free time	Free time	Free time		
200		Depart Conn College	Depart Conn College	Depart Conn College	Depart Conn College	Depart Conn College		
230		Arrive Rogers Lake- DYNAMIC WARMUP	Arrive Rogers Lake- DYNAMIC WARMUP	Arrive Rogers Lake- DYNAMIC WARMUP	Arrive Rogers Lake- DYNAMIC WARMUP	Arrive Rogers Lake- DYNAMIC WARMUP		
300		Launch	Launch	Launch	Launch	Launch		LESSON: CROSS TRAINING: Land Triathlon (Erg, Run, Stairs)
330		ROW 2	ROW 4	ROW 6	ROW 8	ROW 10		
400	WELCOME MEETING							
430								
500	DINNER	Land	Land	Land	Land	Land		
530		Depart Rogers Lake	Depart Rogers Lake	Depart Rogers Lake	Depart Rogers Lake	Depart Rogers Lake		DINNER
600	EVENING ACTIVITY-Team building/ Goal setting activity	Return Conn College DINNER	Return Conn College DINNER	Return Conn College DINNER	Return Conn College DINNER	Return Conn College DINNER		
630								
700		EVENING ACTIVITY- Team building, name game	EVENING ACTIVITY- Yoga, team stretch	EVENING ACTIVITY- Movie night!	EVENING ACTIVITY-taking ownership of uncoxed boats obstacle course	EVENING ACTIVITY- Group nutrition presentations		FREE TIME
730								
800								

ROPES Course, Waterford CT

Team Building