


**2015 CANMORE VOLLEYBALL CAMP OVERNIGHT CAMPER SCHEDULE**

	<b>SUNDAY JULY 26</b>	<b>MONDAY JULY 27</b>	<b>TUESDAY JULY 28</b>	<b>WEDNESDAY JULY 29</b>	<b>THURSDAY JULY 30</b>
8:00:00	 abstractvolleyball.ca	8:00 am Wake up	8:00 am Wake up	8:00 am Wake up	8:00 am Wake up
		8:30 am Breakfast	8:30 am Breakfast	8:30 am Breakfast	8:30 am Breakfast
9:00:00		9am - 9:30 am Warm up & Daily Reps	9am - 9:30 am Warm up & Daily Reps	9am - 9:30 am WACKY WEDNESDAY Warm up & Daily Reps	9am - 9:30 am Warm up & Daily Reps
10:00:00		9:30 am- 11:30 am Session # 2	9:30 am- 11:30 am Session # 5	9:30 am- 11:30 am Session # 7	9:30 am- 11:30 am Session # 8
11:00:00		11:30 am - 1 pm Lunch Break	11:30 am - 1 pm Lunch Break	11:30 am - 1 pm Lunch Break	<b>11:45 am - 1:15 pm Lunch Break</b>
12:00:00		Lunch Served	Lunch Served	Lunch Served	Lunch Served
13:00:00		1:00 - 2:15 Leadership Games	<b>Smart Phone Scavenger Hunt 1pm - 4pm</b>	<b>White Water Rafting 1:15pm - 6pm</b>  <b>Paddle Boarding 1-4pm</b>  <b>Hiking/Swimming (Non Rafters/Paddlers) 1-4pm</b>	1:00 pm - 1:15 pm School Clean up/ Gear to Foyer
		2:15-2:45 pm Warm up & Reps			1:15 pm -1:45 pm Warm up/Reps
14:00:00		2:45-4:00pm Session #3			1:45 - 2:45pm Amazing Volleyball Race
15:00:00					3:00-3:30 pm Wrap up and Prizes
16:00:00		4-6 pm Dinner Break		<b>4:00 pm Bag Pick Up / Check Out</b>	
17:00:00	<b>5:00 PM CHECK IN</b>				
	5:25 pm Overnight Parent Meeting	5 pm Dinner Served	5 pm Dinner Served		
	5:40 pm Optional College Recruiting Seiminar				
18:00:00	6:15 pm Dinner Served		6:00-6:30pm Warm up/Reps	<b>Pizza Party Grass Tournament 6:30 - 9:00 pm</b>  <b>Emergency Contact Information</b>  <b>For questions, concerns or emergencies</b>  <b>Camp Director: Ali Sandholm (c) 403.860.2182</b>  <b>Emergencies Only</b>  <b>Jesse Knight (c) 403.771.2200</b>	
	6:35pm Warm Up	6:00 pm - 7:45 pm Session #4: 4's Tournament	6:30pm - 7:45pm Session # 6		
19:00:00	6:45 pm - 8:30 pm Session #1	7:45 pm Shower / Snacks	7:45 pm Shower / Snacks		
20:00:00	8:30pm- 9:30pm Showers and Bed Setup	8:30 pm - 10:15 pm Evening Activity	8: 45pm -10:15 pm Evening Activity		
21:00:00	9:30 pm - 10:30 pm Evening Activity				
22:00:00	10:30 Cleanup/Ready for Bed	10:15 pm Cleanup/ Ready for Bed	10:15 pm Cleanup/ Ready for Bed		
23:00:00	11:00 pm Lights Out	11:00 pm Lights Out	11: 00 pm Lights Out	11:00 pm Lights Out	