

Camp Schedule as of (June 29th) Subject to Change!

Thursday July 12th

4:00pm – 5:00pm: Check in at Momentum Village Housing (Overnight and Day Campers) (Have forms ready, get room assignment, camp info and get settled in)
5:15pm: Meet outside Momentum Village Housing complex to Meet your camp counselor and head across the street to the Track for Warmups and Vo2 Max Test on Track
6:15pm: Overnight Campers head back to rooms, Change/Shower
6:15pm – 6:30pm: Day Campers Picked Up
6:45pm: Overnight Campers Dinner in Rec Room at Momentum Village
7:30pm – 8:30pm: Ultimate Frisbee – Sports Fields right outside Momentum
8:45pm – 10:00pm: Free Time
10:30pm: Lights Out

Friday July 13th

6:45am: Day Campers Dropped off Dressed ready to Run
6:45am: Overnight Campers up and Outside Ready to Run
7:00am: Workout TBD
8:30am – 9:30am: Breakfast @ Momentum Village Rec Room
9:30am – 10:15am: Shower and Change
10:30am – 11:15am: Lecture #1 Coach Ericksen speaking about his Training Philosophy
11:30am – 1:00pm: Free Time/ Pool @ Momentum (Lifeguard on Duty)
1:00pm – 2:00pm: Lunch @ Momentum Rec Room
2:15pm – 3:15pm: Lecture #2 Coach Flanagan
3:15pm – 3:30pm: Get Changed and ready for a Workout
3:30pm – 4:30pm: Weight Training / Abs Circuit
4:45pm – 5:15pm: Day Campers Picked Up at Momentum
4:45pm – 5:45pm: Overnight Campers head back to rooms, Shower and change
6:00pm – 7:15pm: Dinner @ TBD
7:30pm – 8:30pm: Capture the Flag @ Track Stadium
8:45pm – 10:30pm: Running Movie @ Momentum
11:00pm – Lights Out

Saturday July 14th

7:00am: Day Campers Dropped off Dressed ready to Run
7:00am: Overnight Campers up and Outside ready to Run
7:30am: Load Islander Bus and head for the Beach for Workout (Bring Swimsuit)

8:00am: Workout at the Beach – Sand Hills, Strides, Miles
9:30am – 11:00am: Free time at the Beach with Games and Breakfast
11:30am – 12:30pm: Returned to Housing, Shower and Change
12:30pm – 1:15pm: Lecture #3 Athletic Trainer Kelly Ericksen
1:15pm – 2:30pm: Lunch @ Momentum Housing Court Yard
2:30pm – 4:00pm: Hurdle Mobility and Steeplechase Work at the Track
4:15pm – 4:30pm: Day Campers Picked Up at Momentum
4:30pm – 5:30pm: Overnight Campers Prepare for Talent Show
5:45pm – 7:00pm: Pizza and Watermelon
7:15pm – 8:45pm: Talent Show (Judges – All Counselors)
9:00pm – 9:20pm: 20 minute team run
9:30pm – 10:30pm: Free Time
10:45pm: Lights Out

Sunday July 15th

6:45am: Day Campers Dropped off Dressed ready to Run
6:45am: Overnight Campers up and Outside Ready to Run
7:00am: Load Bus for Long Run on the Beach
7:30am – 9:15am: Run at the Beach plus last minute Beach Fun
9:30am – 10:30am: Back at Housing, Shower, Change, Clean Up Room and Breakfast
10:30am – 11:30am: Meet with Counselors, Sum up Camp, Set Training and Competition Goals
12:00pm: All Campers Depart from Momentum Housing Court Yard

