

[illegible]

		Water		Crew Boathouse		SCKC Boathouse		Weight Room		Meeting Room			
6:30 AM	-	6:45 AM								6:30 AM	-	6:45 AM	
6:45 AM	-	7:00 AM				Athletes Arrive, Get Changed, Get Ready				6:45 AM	-	7:00 AM	
7:00 AM	-	7:15 AM				Welcome (Jason)				7:00 AM	-	7:15 AM	
7:15 AM	-	7:30 AM				Blue - Warmup (Aaron)	Yellow - Warmup (Jason)	Red - Warmup (Eli)		7:15 AM	-	7:30 AM	
7:30 AM	-	7:45 AM								7:30 AM	-	7:45 AM	
7:45 AM	-	8:00 AM	Blue - Endurance 2k w/ Turn Time Trail 8am West Course (Chris, Aaron, Henry)	Yellow - Endurance 2k w/ Turn Time Trail 8:45am East Course (Aasim, Eli, Sakura)	Red - Endurance 2k w/ Turn Time Trail 9am West Course (Jason, Doug, Kenny)					7:45 AM	-	8:00 AM	
8:00 AM	-	8:15 AM								8:00 AM	-	8:15 AM	
8:15 AM	-	8:30 AM								8:15 AM	-	8:30 AM	
8:30 AM	-	8:45 AM								8:30 AM	-	8:45 AM	
8:45 AM	-	9:00 AM								8:45 AM	-	9:00 AM	
9:00 AM	-	9:15 AM								9:00 AM	-	9:15 AM	
9:15 AM	-	9:30 AM								9:15 AM	-	9:30 AM	
9:30 AM	-	9:45 AM				Transition Break				9:30 AM	-	9:45 AM	
9:45 AM	-	10:00 AM				Max Pull Up's (Staff)			Technique video discussion (YouTube videos) (Doug) (Meeting room)	9:45 AM	-	10:00 AM	
10:00 AM	-	10:15 AM				Run Green Lake (Staff)				10:00 AM	-	10:15 AM	
10:15 AM	-	10:30 AM								10:15 AM	-	10:30 AM	
10:30 AM	-	10:45 AM				Non-runners 30min hard stationary bike (Staff)				10:30 AM	-	10:45 AM	
10:45 AM	-	11:00 AM								10:45 AM	-	11:00 AM	
11:00 AM	-	11:15 AM				All - Lunch - Final Groups Posted				11:00 AM	-	11:15 AM	
11:15 AM	-	11:30 AM								11:15 AM	-	11:30 AM	
11:30 AM	-	11:45 AM								11:30 AM	-	11:45 AM	
11:45 AM	-	12:00 PM								11:45 AM	-	12:00 PM	
12:00 PM	-	12:15 PM	Blue Kayak - Technique Drills (Chris, Eli, TBD, TBD)	Yellow Kayak - Technique Drills (Aasim, Doug, TBD, TBD)	Red Kayak - Technique Drills (Jason, Henry, Meg)	Canoe - Dock Paddle (Dave Fort, Aaron, Kenny)			Canoe - Strength (Aaron, Kenny)	12:00 PM	-	12:15 PM	
12:15 PM	-	12:30 PM									12:15 PM	-	12:30 PM
12:30 PM	-	12:45 PM									12:30 PM	-	12:45 PM
12:45 PM	-	1:00 PM									12:45 PM	-	1:00 PM
1:00 PM	-	1:15 PM								1:00 PM	-	1:15 PM	
1:15 PM	-	1:30 PM								1:15 PM	-	1:30 PM	
1:30 PM	-	1:45 PM								1:30 PM	-	1:45 PM	
1:45 PM	-	2:00 PM								1:45 PM	-	2:00 PM	
2:00 PM	-	2:15 PM				Blue Kayak - TBD (Chris, Eli)	Yellow Kayak - TBD (Aasim, Doug)			Red Kayak - TBD (Jason, Henry)	2:00 PM	-	2:15 PM
2:15 PM	-	2:30 PM									2:15 PM	-	2:30 PM
2:30 PM	-	2:45 PM				Canoe - Technique (Dave Fort, Aaron, Kenny)					2:30 PM	-	2:45 PM
2:45 PM	-	3:00 PM	Blue Kayak - (Aasim, Chris, TBD, TBD)	Yellow Kayak - (Aaron, Jason, TBD, TBD)	Red Kayak- (Eli, Meg, TBD)					2:45 PM	-	3:00 PM	
3:00 PM	-	3:15 PM								3:00 PM	-	3:15 PM	
3:15 PM	-	3:30 PM								3:15 PM	-	3:30 PM	
3:30 PM	-	3:45 PM								3:30 PM	-	3:45 PM	
3:45 PM	-	4:00 PM								3:45 PM	-	4:00 PM	
4:00 PM	-	4:15 PM								4:00 PM	-	4:15 PM	
4:15 PM	-	4:30 PM				All - Boats In				4:15 PM	-	4:30 PM	
4:30 PM	-	4:45 PM				All - Camp Wrap Up (Staff)				4:30 PM	-	4:45 PM	
4:45 PM	-	5:00 PM				All - Get Picked Up, Go Home				4:45 PM	-	5:00 PM	

Day 2 - Saturday, November 11, 2017

		Water				Crew Boathouse		SCKC Boathouse		Weight Room		Meeting Room	
6:30 AM -	6:45 AM											6:30 AM -	6:45 AM
6:45 AM -	7:00 AM							Athletes Arrive, Get Changed, Get Ready				6:45 AM -	7:00 AM
7:00 AM -	7:15 AM							Blue - Warmup (Chris)	Yellow - Warmup (Aaron)	Red - Warmup (Jason)		7:00 AM -	7:15 AM
7:15 AM -	7:30 AM											7:15 AM -	7:30 AM
7:30 AM -	7:45 AM											7:30 AM -	7:45 AM
7:45 AM -	8:00 AM											7:45 AM -	8:00 AM
8:00 AM -	8:15 AM											8:00 AM -	8:15 AM
8:15 AM -	8:30 AM											8:15 AM -	8:30 AM
8:30 AM -	8:45 AM											8:30 AM -	8:45 AM
8:45 AM -	9:00 AM											8:45 AM -	9:00 AM
9:00 AM -	9:15 AM											9:00 AM -	9:15 AM
9:15 AM -	9:30 AM											9:15 AM -	9:30 AM
9:30 AM -	9:45 AM											9:30 AM -	9:45 AM
9:45 AM -	10:00 AM							Transition Break				9:45 AM -	10:00 AM
10:00 AM -	10:15 AM							ODP Athlete's - 2018 ODP Program w/ ACA Staff (Chris, Aasim, TBD)	Non ODP Canoe - Technique/Dock Paddle (Kenny)	Non ODP Kayak Blue/Yellow - Goal Setting (Eli, Doug)	Non ODP Kayak Red - Kayak Erg & Stick Work (Jason)	9:45 AM -	10:00 AM
10:15 AM -	10:30 AM											10:00 AM -	10:15 AM
10:30 AM -	10:45 AM							Physio Presentation Developing Athletes (Yellow/Red)		Physio Presentation Competitive Athlete (Blue/Yellow)		10:15 AM -	10:30 AM
10:45 AM -	11:00 AM											10:30 AM -	10:45 AM
11:00 AM -	11:15 AM											10:45 AM -	11:00 AM
11:15 AM -	11:30 AM											11:00 AM -	11:15 AM
11:30 AM -	11:45 AM											11:15 AM -	11:30 AM
11:45 AM -	12:00 PM							All - Lunch			Lunch Chat - What's Next Bantams (Aasim/Chris)	11:30 AM -	11:45 AM
12:00 PM -	12:15 PM											11:45 AM -	12:00 PM
12:15 PM -	12:30 PM											12:00 PM -	12:15 PM
12:30 PM -	12:45 PM											12:15 PM -	12:30 PM
12:45 PM -	1:00 PM											12:30 PM -	12:45 PM
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8:15 PM -	8:30 PM											8:00 PM -	8:15 PM
												8:15 PM -	8:30 PM
Pizza Party / Social / 2018 ACA Question and Answer (ACA Staff Chris, Aasim, TBD)													
Group Legend													
Green: Canoeists				Blue: Fastest paddlers		Yellow: Medium speed		Red: Intermediate Speed		Purple: Mixed Group		Grey: Everybody	

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