

Ontario Provincial Team and Coaching Development Camp

Execution Schedule

Date: Friday June 25th - Sunday June 27th

Location: The Wake Institute, Bobcaygon Ontario

Friday June 25th

Time	Event	Details	Responsibility
5:00 PM	Boats Arrive	Boats to be docked and gassed for following day	Jeremy/Jay
6:00 PM	Arrival	Team and coaches arrive	Erika
7:00 PM	Ice Breakers	Welcome and overview of the training camp, group activities to get to know each other	Erika
10:30 PM	Bed	Lights Out	Everyone

Saturday June 26th

Time	Event	Details	Responsibility
8:00 AM	Breakfast	First nutritional breakfast planned by Kayle	Kitchen Volunteers
9:00 AM	Workout #1	Warm Up Fitness Testing - Mile run/basic testing	Dary Erika/Kayle
11:00 AM	Nutrition Seminar	Each athlete will get a diary with basic info on nutrition and how to record your diet. A nutrition seminar will be led by Kayle	Kayle
12:00 PM	Lunch	Planned by Kayle	Kitchen Volunteers
1:00 PM	On Water	Back to the Basics: Coaches taking part will analyze each rider's trick progression and give them a list of what to work on at home. Coaching with Ollie	Head instructor: Ollie Drivers: Ally/Kayle/ Jer/Erika
5:00 PM	Yoga	Introduction to Yoga and its benefits	Ally
6:00 PM	Diner	Planned by Kayle	Kitchen Volunteers
7:00 PM	Workshop #1	Overview of competition: How to prepare, judging, organizational structure, things to look for	Erika and Ollie
10:30 PM	Bed		Everyone

Sunday June 27th

Time	Event	Details	Responsibility
8:00 AM	Breakfast	Planned by Kayle	Kitchen Volunteers
9:00 AM	Workout #2	Warm Up Balance Specific Training Plyometrics	Dary Kayle Kayle

