

Training Camp Itinerary

<u>TIME</u>	<u>ACTIVITY</u>
8:00am - 9:00am	Breakfast
9:00am - 10:00am	Personal Devotion/Team Discussion
10:00am - 12:00pm	Training Session 1
12:00pm - 1:00pm	Lunch
1:00pm - 2:30pm	Athletic Clinic Prep
2:30pm - 3:30pm	Break
3:30pm - 5:00pm	Traning Session 2
5:00pm - 6:00pm	Dinner
6:00pm - 8:30pm	Evening Program/Activity

This is only a SAMPLE ITINERARY.

Each project destination and each day may differ.

Project Week Itinerary

<u>TIME</u>	<u>ACTIVITY</u>
8:30am - 9:30am	Breakfast
9:30am - 10:30am	Personal Devotion/Team Discussion
10:30am - 11:30am	Clinic Prep
11:30am - 12:30pm	Lunch
12:30pm - 1:00pm	Travel to Clinic Location
1:00pm - 4:30pm	Community Sport Clinics
5:00pm - 6:00pm	Dinner
6:00pm - 8:30pm	Evening Activity/Outreach

8:30pm - 9:30pm

Team Debrief Time

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