

## SPIRE Track and Field Camp Schedule

Day 1		
	1:00 pm	Arrive at SPIRE and Move into Dorms [Check In]
	2:00 pm	Introductions
	3:00 pm	Training Session #1
	6:00 pm	Dinner at SPIRE Fuel
	7:00 pm	Film Review with Coaches
	8:00 pm	Free Time/Group Activities
	10:30 pm	Lights Out

Day 2		
	7:30 am	Breakfast at SPIRE Fuel
	8:30 am	Training Sessions #2
	12:00 pm	Lunch at SPIRE Fuel
	1:00 pm	Mental Skills Training
	2:00 pm	SPIRE Performance [Weight Training]
	6:00 pm	Dinner at SPIRE Fuel
	7:00 pm	Fill Review with Coaches
	8:00 pm	Free Time/Group Activities
	10:30 pm	Lights Out

Day 3		
	7:30 am	Breakfast at SPIRE Fuel
	8:30 am	Training Session #3
	12:00 pm	Lunch at SPIRE Fuel
	1:00 pm	Mental Skills Training
	2:00 pm	Training Session #4
	6:00 pm	Dinner at SPIRE Fuel
	7:00 pm	Film Review with Coaches
	8:00 pm	Free Time/Group Activities
	10:30 pm	Lights Out

Day 4		
	7:30 am	Breakfast at SPIRE Fuel
	8:30 am	Mental Skills Training
	10:00 am	Competition between Campers
	12:00 pm	Lunch and Wrap Up
	1:00 pm	Depart from SPIRE

### ADDRESS

SPIRE Institute 5201 SPIRE Circle  
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### CONTACT

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