



SPIRE Track Camp – 4 Day Camp Schedule



Time	Activity
Day 1	
1:30-2:00	Boarding arrival/Check into SPIRE Dorms
1:45-2:00	Day Camper arrival/Check in – Coaches arrive
2:00-2:30	Introductions
2:30-4:00	Session #1
4:00-4:30	NCAA Eligibility Seminar
4:30-5:30	SPIRE Performance
5:30-6:00	Rest/Recover – 6:00 Day Camp Depart
5:30-6:30	Dinner @ SPIRE FUEL
6:30-8:00	Activities
8:00-10:30	Residences free time/lights out
Day 2	
8:30-9:00	Breakfast
8:45-9:00	Day Camper arrival/Check in
9:30-10:00	Warm Up
10:00-11:00	Movement Regen/SPIRE Performance
11:00-12:00	Pool Regen
12:00-1:00	Lunch
1:00-1:30	Academy Talk
1:30-2:00	Roll Out
2:00-4:30	Session #2
4:30-5:30	Coaches Roundtable
5:30-6:00	Rest/Recovery – 6:00 Day Camp Depart
5:30-6:30	Dinner
6:30-8:00	Activities
8:00-10:30	Residences Free time/lights out
Day 3	
8:30-9:30	Breakfast
8:45-9:00	Day Camper arrival/Check in
9:30-10:00	Warm ups on Track
10:00-12:00	Session #3
12:00-1:00	Lunch
1:00-2:00	Mental Training
2:00-4:30	Session #4
4:30-5:30	SPIRE Performance
5:30-6:00	Rest/Recovery – 6:00 Day Camp Depart
5:30-6:30	Dinner
6:30-10:30	Activities / Residences Free Time/Lights out 10:30
Day 4	
8:30-9:00	Breakfast



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8:45-9:00	<i>Day Camper arrival/Check in</i>
9:00-9:30	<i>Warm ups on Track/ Morning Brief</i>
9:30-12:00	<i>Session #5 / Competition</i>
12:00	<i>Wrap-up/Picture/all campers depart (Track or classroom)</i>