

NE OHIO CC CAMP

*Running Schedule:

Day	Lower Group	Intermediate group	Upper Group
Sun PM 4:30	3	5	8
Mon AM 7:30	Hill Loop Workout	Hill Loop Workout	Hill Loop Workout
Mon PM 3:30	2	3	5
Tue AM 7:30	3	5	8
Tue PM 3:30	2	3	5
Wed AM 7:00	Long Run-Yellow Courses-4, 6, 8, 11, and 13 mile courses		
Thu AM 7:30	2	4	6
Thu PM 3:30	4	6	8
Fri AM 7:30	5K Threshold Run	5K Threshold Run	5K Threshold Run

*Camp trails are always advisable for runs instead of roads if you prefer.

Caution must be used in running on roads... **STAY OVER TO THE LEFT IN SINGLE FILE!**
CARS COMING OVER HILLS AND AROUND CORNERS CANNOT SEE YOU!!

*Clinic Schedule

Day & Time	Topic	Place
Sun 8:30 PM	Orientation and Goals	Dining Hall
Mon 8:30 PM	Meeting	Dining Hall
Tue 8:30 PM	Meeting	Dining Hall
Wed 1:00 PM	Shoe Clinic	Dining Hall
Wed Girls-1:30, Boys-1:45	Packet Pick-up	Picnic Tables
Wed 2:00	Camp Photo	Picnic Tables
Wed 2:30	Sports Medicine Clinic	Dining Hall
Wed 3:30 PM	Dynamic Stretching/Core Strength Circuit	Picnic Tables
Wed 8:30 PM	Meeting followed by College Running Q&A	Dining Hall
Thu 1:00	Nutrition Clinic	Dining Hall
Thu 8:00 PM	Meeting	Dining Hall
Thu 9:30 PM	Bonfire	Dining Hall

*Schedule subject to change... listen for announcements concerning such changes.

Besides these clinics, form analysis will be done at the Dining Hall by volleyball teams, see schedule next page.

Meals

Open Breakfast: 9:00-9:40 Lunch - 12:30 Dinner - 6:00

DON'T BE LATE FOR MEALS, but don't enter the dining hall before you're told to.

After meals CLEAN UP YOUR TABLE!

Pool Times - (Optional) - 11:00-12:00, 1:30-2:30 and 4:30-5:30 (Sunday 5:15-6:00)

Sleep (Mandatory!):

At night, you must be in your cabin at 10:45. There is no noise or lights on in cabin after 11:00!!!

Wakeup will be 15 minutes prior to the time scheduled for the morning run. You must be ready promptly at scheduled time!

Volleyball Schedule

Report to courts 10 minutes before scheduled game.

The team with the best record from each division and two wildcards (one boys' and one girls' team) will advance to the finals.

Monday	Boys				Girls			
Court	A	B	C		D	E	F	G
10:00	A1-A2	B1-B2	C1-C2		D1-D2	E1-E2	F1-F2	G1-G2
10:20	A2-A3	B2-B3	C2-C3		D2-D3	E2-E3	F2-F3	G2-G3
10:40	A3-A4	B3-B4	C3-C4		D3-D4	E3-E4	F3-F4	G3-G4
11:00	A4-A5	B4-B5	C4-C5		D4-D5	E4-E5	F4-F5	G4-G5
11:20	A5-A6	B5-B6	C5-C1		D5-D1	E5-E1	F5-F1	G5-G1
11:40	A6-A1	B6-B1	C1-C3		D1-D3	E1-E3	F1-F3	G1-G3
12:00	A1-A3	B1-B3						

Tuesday	Boys				Girls			
Court	A	B	C		D	E	F	G
10:00	A3-A6	B3-B6	C2-C4		D2-D4	E2-E4	F2-F4	G2-G4
10:20	A6-A2	B6-B2	C3-C5		D3-D5	E3-E5	F3-F5	G3-G5
10:40	A2-A4	B2-B4	C4-C1		D4-D1	E4-E1	F4-F1	G4-G1
11:00	A4-A1	B4-B1						
11:20	A1-A5	B1-B5	C1-C4		D1-D4	E1-E4	F1-F4	G1-G4
11:40	A5-A3	B5-B3	C5-C2		D5-D2	E5-E2	F5-F2	G5-G2
12:00	A4-A6	B4-B6	C5-C2		D5-D2	E5-E2	F5-F2	G5-G2

Wednesday	Boys				Girls			
Court	A	B	C		D	E	F	G
10:00	Semi Finals - TBA							
11:00	Finals and Consolation Games - TBA							

Form Clinic Schedule - Dining Hall

Monday		Tuesday	
10:00	A4, B4, C4, D4, E4, F4, G4	10:00	A1, B1, C1, D1, E1, F1, G1
10:30	A5, B5, C5, D5, E5, F5, G5	10:30	A6, B6, C6, D6, E6, F6, G6
11:00	A3, B3, C3, D3, E3, F3, G3	11:00	A2, B2, C2, D2, E2, F2, G2