

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 1:00 PM | Guest Speaker | Dining Hall |
| Mon 8:30 PM | Meeting | Dining Hall |
| Tue 1:00 PM | Nutrition Clinic | Dining Hall |
| Tue 8:30 PM | Meeting | Dining Hall |
| Wed 1:00 PM | Shoe 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 Girls-1:30, Boys-1:45 PM | Packet Pick-up | Dining Hall |
| Thu 2:00 PM | Camp Photo | Basketball Court |
| Thu 8:30 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-C6 | D5-D6 | | E5-E6 | F5-F6 | G5-G6 |
| 11:40 | A6-A1 | B6-B1 | C6-C1 | D6-D1 | | E6-E1 | F6-F1 | G6-G1 |
| 12:00 | A1-A3 | B1-B3 | C1-C3 | D1-D3 | | E1-E3 | F1-F3 | G1-G3 |

| Tuesday | Boys | | | | | Girls | | |
|----------------|-------------|----------|----------|----------|--|--------------|----------|----------|
| Court | A | B | C | D | | E | F | G |
| 10:00 | A3-A6 | B3-B6 | C3-C6 | D3-D6 | | E3-E6 | F3-F6 | G3-G6 |
| 10:20 | A6-A2 | B6-B2 | C6-C2 | D6-D2 | | E6-E2 | F6-F2 | G6-G2 |
| 10:40 | A2-A4 | B2-B4 | C2-C4 | D2-D4 | | E2-E4 | F2-F4 | G2-G4 |
| 11:00 | A4-A1 | B4-B1 | C4-C1 | D4-D1 | | E4-E1 | F4-F1 | G4-G1 |
| 11:20 | A1-A5 | B1-B5 | C1-C5 | D1-D5 | | E1-E5 | F1-F5 | G1-G5 |
| 11:40 | A5-A3 | B5-B3 | C5-C3 | D5-D3 | | E5-E3 | F5-F3 | G5-G3 |
| 12:00 | A4-A6 | B4-B6 | C4-C6 | D4-D6 | | E4-E6 | F4-F6 | G4-G6 |

| 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 | | | | |