

**\*\*Week 3-Daily Schedule\*\***  
**2023 Brevard Distance Runners Camp**

**Sunday**

11am-5pm Registration  
Meet in gym parking lot (far one) for one of the Afternoon Run on campus, Beginning times 3:00 and 4:00  
5-7:00 pm Dinner in the Dining Hall - Must wear shirt & wristband at all times  
6:15 pm Staff Meeting to review runs for AM - Ingram Auditorium  
**6:45 pm All Coaches Mandatory Meeting- Auditorium (+ staff only with announcements)**  
**7:45 pm General Camp Meeting - Gymnasium- Campers and Coaches (JCs + staff only with announcements)**  
8:30 pm Immediately Following Meeting - Ice Cream Social - Gym Parking Lot  
9:30 pm Dorm Meeting for those with Dorm Duty (Mandatory) - All Coaches & Staff with Dorm Duties- Main Gym  
10:00 pm Dorm Meetings for Campers - Report to your designated area & bring sheet of general policies  
Floor Leaders will cover rules & room check  
W&E Jones - Jones Lobby; W&E Beam - Beam Lobby; Villages - Main Gym, Stanback-Basement Lobby  
10:45 pm Lights Out  
10:45 pm Dorm Leaders text confirmation of housing assignments with your name, school, dorm, and floor to Housing at 828-553-4362

**Monday**

5:45 am Wake-up for everyone (EXCEPT RETREAT) 5:55 report to gym parking lot, 6:00 leave for runs  
7:30 am **Retreat** – Eat breakfast, Meet outside Dining Hall to leave at 8:00 am  
7:30-9:30 am Breakfast  
Free Time: See Recreation activities or Adidas Lounge  
11:00 am Morning Block – Meet in Main Gym – **Be in Running Shoes– Bring water bottle**  
11:30 am-1 pm Lunch & Free Time: See Recreation activities or Adidas Lounge  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
3:15 pm Staff meeting in Main Gym  
3:45 pm Meet in the Gym Parking Lot for Afternoon Work-outs:  
Core (Aux gym) Yoga (Main gym)  
Runs - Grouped by Distance and Speed Recreation Activities  
Weight Room – By Groups Exercise Bingo (Ingram Auditorium)  
5-7:00 pm Dinner  
6:45 pm **MANDATORY Coaches Meeting - Auditorium**  
7:15 pm Speakers/Breakout Sessions: **Gymnasium**  
8:30 pm Following Sessions: Recreation (Dodgeball, Adidas Lounge, etc – or Free Time)  
10:00 pm Report to your Room, Room Check and Preparation for Lights Out  
**10:30 pm Lights Out**

**Tuesday**

5:45 am Wake-up for everyone (EXCEPT RETREAT) 5:55 report to gym parking lot, 6:00 leave for runs  
7:30 am **Retreat** – Eat breakfast, Meet outside Dining Hall to leave at 8:00 am  
7:30-9:30 am Breakfast  
Free Time: See Recreation activities or Adidas Lounge  
11:00 am Morning Block – Meet in Main Gym – **Be in Running Shoes– Bring water bottle**  
11:30 am-1 pm Lunch & Free Time: See Recreation activities or Adidas Lounge  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
3:15 pm Staff meeting in Main Gym  
3:45 pm Meet in the Gym Parking Lot for Afternoon Work-outs:  
Core (Aux gym) Yoga (Main gym)  
Runs - Grouped by Distance and Speed Exercise Bingo (Ingram Auditorium)  
Weight Room – By Groups Recreation Activities  
5-7:00 pm Dinner  
6:45 pm **MANDATORY Coaches Meeting - Auditorium**  
7:15 pm Speakers/Breakout Sessions: **Gymnasium**  
8:30 pm Following Sessions: Recreation (Basketball, Adidas Lounge, etc – or Free Time)  
10:00 pm Report to your Room, Room Check and Preparation for Lights Out  
**10:30 pm Lights Out**

## Wednesday

5:45 am Wake-up for everyone (EXCEPT RETREAT) 5:55 report to gym parking lot, 6:00 leave for runs  
7:30 am **Retreat** – Eat breakfast, Meet outside Dining Hall to leave at 8:00 am  
7:30-9:30 am **Breakfast**  
Free Time: See Recreation activities or Adidas Lounge  
11:00 am Morning Block – Meet in Main Gym – **Be in Running Shoes**– **Bring water bottle**  
11:30 am-1 pm **Lunch** & Free Time: See Recreation activities or Adidas Lounge  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
3:15 pm Staff meeting in Main Gym  
3:45 pm Meet in the Gym Parking Lot for Afternoon Work-outs:  
Core (Aux gym) Yoga (Main Gym)  
Runs - Grouped by Distance and Speed Recreation Activities  
Weight Room – By Groups Exercise Bingo (Ingram Auditorium)  
5-7:00 pm **Dinner**  
6:15 pm COACHES and SR STAFF-Meet in front of gym for shuttle to Coaches/SR Staff Social  
7:00 pm Camp Champs-Meet at Gym at 7:00 pm-Wear Running Shoes  
10:00 pm Report to your Room, Room Check and Preparation for Lights Out  
**10:30 pm Lights Out**

## Thursday

5:45 am Wake-up for everyone (EXCEPT RETREAT) 5:55 report to gym parking lot, 6:00 leave for runs  
7:30 am **Retreat** – Eat breakfast, Meet outside Dining Hall to leave at 8:00 am  
7:30-9:30 am **Breakfast**  
Free Time: See Recreation activities or Adidas Lounge  
11:00 am Morning Block – Meet in Main Gym – **Be in Running Shoes**– **Bring water bottle**  
11:30 am-1 pm **Lunch** & Free Time: See Recreation activities or Adidas Lounge  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
3:15 pm Staff meeting in Main Gym  
3:45 pm Meet in the Gym Parking Lot for Afternoon Work-outs:  
Core (Aux gym) Yoga (Main gym)  
Runs - Grouped by Distance and Speed Exercise Bingo (Ingram Auditorium)  
Weight Room – By Groups Recreation Activities  
5-7:00 pm **Dinner**  
6:45 pm **MANDATORY Coaches Meeting -Auditorium**  
7:15 pm Speakers/Breakout Sessions: **Gymnasium**  
8:30 pm Following Sessions: Recreation (Adidas Lounge, etc – or Free Time)  
10:00 pm Report to your Room, Room Check and Preparation for Lights Out  
**10:30 pm Lights Out**

## Friday

5:45 am Everyone Wake-Up!  
John Rock Graduation Run (make sure you get a snack)  
5:55 am First group reports to Gym, leaves at 6 am-rest of the groups to follow (review in coaches mtg)  
9:30 am-12 pm BRUNCH (No Morning Block)  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
2:15 pm Staff meeting in Main Gym  
2:45 pm Meet in the Gym Parking Lot for Afternoon Work-outs:  
Core (Aux gym) Exercise Bingo (Ingram Auditorium)  
Runs - Grouped by Distance and Speed Yoga (Main gym)  
Weight Room – By Groups Recreation Activities  
4-5 pm Room Inspection - Must be in your room  
5-7 pm Dinner  
7:00 pm Final Room Inspection before being released to assembly  
7:30 pm Assembly in **Gymnasium**  
9:15 pm Immediately following Final Assembly-Camper Dance in Aux Gym or other activities announced  
9:30-11:00 pm Early Key Returns in Gym Lobby  
**Lights Out 30 minutes after the dance ends**

## Saturday

7-9 am Return Room Keys in **Dining Hall**-no deposits will be returned after you leave  
7-9 am Breakfast  
9:00 am Check Out-Room must be clean and empty by 9am! Move to Beam Lobby if awaiting pickup after 9