



## WEDNESDAY

- 6:00 am Wake-up for those Running Art Loeb or North Slope-6:10 report to gym parking lot, 6:15 leave for runs  
6:30 am Wake-up for everyone else  
6:45 am Report to Parking Lot- Go to your Work-out Group – Stretch, Then Break Up  
6:55 am Morning Work-outs: Core (Movement room)  
Runs-Grouped by Distance and Speed Weight Room- By Groups  
Circuits Yoga (Main gym)
- 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  
10:30 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  
12:15 pm A staff member will take those without a coach to Ingles-leave from front of gym  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
2:15 pm Staff meeting in Gym meeting room  
2:40 pm Meet in the Main Gym for Afternoon Run – Bring Towels/Water Bottles  
Those that Ran Art Loeb/North Slope or that had their Retreat in the Morning Report to Aux. Gym
- 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 Camper Activity Night-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

- 6:00 am Wake-up for those Running Art Loeb or North Slope-6:10 report to gym parking lot, 6:15 leave for runs  
6:30 am Wake-up for everyone else  
6:45 am Report to Parking Lot- Go to your Work-out Group – Stretch, Then Break Up  
6:55 am Morning Work-outs: Core (Movement room)  
Runs-Grouped by Distance and Speed Pilates (Main gym)  
Weight Room- By Groups Circuits
- 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  
10:30 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  
12:15 pm A staff member will take those without a coach to Ingles-leave from front of gym  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
2:15 pm Staff meeting in Gym meeting room  
2:40 pm Meet in the Main Gym for Afternoon Run – Bring Towels/Water Bottles  
Those that Ran Art Loeb/North Slope or that had their Retreat in the Morning Report to Aux. Gym
- 5-7:00 pm **Dinner**  
7:15 pm Speakers/Breakout Sessions: Ingram Auditorium  
8:30 pm Following Sessions: Recreation (Talent Show Try-outs: Open Audition in Auditorium, Adidas Lounge or Free Time)  
9:45 pm **MANDATORY Coaches Meeting-Gym Meeting Room**  
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!  
6:00 am Report to Aux Gym-release for John Rock Graduation Run (make sure you get a snack)  
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 Gym meeting room  
2:45 pm Afternoon Run or Activities-Report to Main Gym  
5-7 Dinner  
6:00 pm Room Checks before release to Assembly-room must be clean for check out  
7:30 pm Final Assembly in Ingram Auditorium (Talent Show, Slideshow, Awards)  
9:15 pm Immediately following Final Assembly-Camper Dance in Aux Gym or other activities announced  
9:30-11:00pm Early Key Returns in Gym Lobby

## SATURDAY

- 7-9 am Return Room Keys in **Jones Lobby**-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 Jones Lobby if awaiting pickup after 9  
Two weekers do not have to check out UNLESS you are moving-Put “Do not Clean” sign on door