**BC Summer Camp Schedule**

**Thursday August 18**

9:00 am - All Mainland athletes arrive at Tsawwassen Foot Passenger Terminal if you have signed up for Bus transport from Nanaimo to Brentwood College. (10:15 am sailing). Brentwood College Bus will meet you at Nanaimo Terminal (Duke Point) at 12:45 pm.

1:00 pm - 4:30 pm - Camp check in

5:00 pm – 5:45pm: Dinner in Food Hall

6:00 pm – 7:00pm: Mental Skills Training (2008 and younger)

7:00 pm - 9:00 pm Judo

**Friday August 19**

8:00 am 8:30 am: Breakfast in Food Hall

9 am – 12pm: Physical Testing

12:00 pm – 1:00pm: Mental Skills Training (2007 and older)

1:00 pm – 2pm: Lunch in Food Hall

2:00 - 4:00 pm - Free Time – Trip to Lake if possible

4:15 pm -6:15 pm - Judo

6:45 pm – 7:45pm: Dinner in Food Hall

**Saturday August 20**

7:00 am – 8am - Soccer

8:30 am – 9am - Breakfast in Food Hall

9:30 am – 11:30 am Judo

1:00 pm – 2pm: Lunch in Food Hall

2:00 - 4:00 pm - Free Time – Trip to Lake if possible

4:15 pm -6:15 pm - Judo

6:45 pm – 7:45pm: Dinner in Food Hall

**Saturday August 21**

7:00 am – 7:30 am

8:00 am – 10:00 am Judo

10:15 am - Pack in preparation to check out . Do a room sweep to ensure you did not leave anything behind.

10:45 am – Signed up Bus Passengers to be at the Athletic Centre parking lot ready to board Bus back to Nanaimo Ferry Terminal for sailing back to Tsawwassen. You will be on the 12:45 pm sailing arriving Tsawwassen at 2:45 pm.

11:15 am – Final check out for remaining participants.