



Athletics NS March Break Camp, March 10-14

Tentative Schedule (Subject to Change)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Introduction		Track		Track
9:30	Nutrition				
10:00					
10:30					Wrap-Up
11:00	Strength Training		Yoga		
11:30					
12:00	Lunch	Sport Psych	Lunch	Video Analysis	
12:30					
13:00	Sport Psych	Track	Sport Psych	Track	
13:30					
14:00			Video		
14:30	Track				
15:00		Strength Training	Track	Strength Training	
15:30					
16:00	Yoga	Shoe Fitting		Injury Prevention	
16:30					
17:00		Dinner		Dinner	
17:30					
18:00	Shopping		Boston Pizza		
18:30		Parent/Athlete Forum			
19:00				Pool	
19:30					
20:00					