

Roswell Cross Country Camp Itinerary

Sunday July 26, 2015

12:00 noon	Leave RHS (Bring a lunch to eat on the bus or eat before we leave)
2:30 - 3:30	Easy Run Ocoee Whitewater Center Trail
4:00	Arrive at Great Mountain Retreats
4:00 - 6:00	Shower/Unpack
6:00 - 7:00	Dinner
8:00-9:30	Team Meeting/Activity
10:00	Cabin Check/Lights Out

Monday July 27, 2015

6:00 AM	Wake Up!! ☺
6:30 - 7:30	Morning Run/Strengthening
8:00 - 8:30	Breakfast
8:45 - 9:45	Team Meeting
10:00 - 1:00	Rafting
1:00 - 1:45	Lunch
2:00 - 2:45	FOB
3:00 - 4:00	Team Meeting
4:00 - 4:45	Afternoon Run/Core Drills
6:00 - 6:45	Dinner
7:00 - 7:55	Free Time
8:00 - 9:30	Team Activity
10:00	Cabin Check/Lights Out

Tuesday July 28, 2015

6:30 AM	Wake Up!! ☺
7:30	Breakfast
9:00	Leave for trail run
9:30 - 1:00	Trail Run and swimming in the Ocoee, and lunch
1:00	Return to Great Mountain Retreats
1:30 - 2:30	FOB
2:45 - 4:00	Team Time
4:15 - 5:00	Easy run/ core work
5:00 - 6:00	Showers
6:10 - 7:00	Dinner
7:30 - 9:30	Team Activity
10:00	Cabin Check/Lights Out

Wednesday July 29, 2015

6:00 AM	Wake Up!! ☺
6:30 - 7:30	Morning Run/Strengthening
8:00 - 8:45	Breakfast
9:00 - 10:00	Team Meeting
10:00 - 10:30	Pack
10:45	Team Picture
11:00	Leave for Roswell
12:00	Lunch in Blue Ridge (Bring money)
3:00	Arrive at RHS