

### OnTrack Athletics Summer Camp Schedule South Surrey (9am-12pm 17-21 July)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:10	Attendance/Team Meeting	Attendance/Team Meeting	Attendance/Team Meeting	Attendance/Team Meeting	Attendance/Team Meeting
9:15 – 9:30	Warm up	Warm up	Warm up	Warm up	Warm up
9:30 – 9:45	Silly starts	Down start/Up start sprints	Core station and silly starts	Down starts/Up start sprints	Core station and silly starts/sprints
9:45 – 10:00	Water break/ bathroom break	Water break/ bathroom break	Water break/ bathroom break	Water break/ bathroom break	Water break/ bathroom break
10:00 – 10:40	Hurdles - All Together In the Straight away 3 rows, 7-10 Kids per row, double step, Single step, Bunny hop, Side Step, Superman	Relay Switch @ 10:20 Shotput	Intro to high jump: scissor kick/front roll Switch @ 10:20 Noodle tag	Agility station & Water play	Javelin Switch @ 10:20 Multi-size hurdle station
10:40 – 11:00	Snack & skipping/hula hoop break	Snack & skipping/hula hoop break	Snack & skipping/hula hoop break	Snack & skipping/hula hoop break	Snack & skipping/hula hoop break
11:00 – 11:40	Long Jump – Jumping Drills, Walk jump, Run up jump, Regular jump	Tall rainbow hurdles Switch @ 11:20 Plyo box w/fast feet ladders	Javelin Switch @ 11:20 Banana hurdles	Long Jump – Jumping Drills, Walk jump, Run up jump, Regular jump	Obstacle course
11:40 – 11:55	Obstacle Course	Water play	Fast feet/seated running arms	Noodle tag/British bulldog	Scavenger hunt for freezies
11:55 – 12:00	Parent Pickup	Parent Pickup	Parent Pickup	Parent Pickup	Parent Pickup

