



Sunday 7/10

10:30 am -12:30 pm	1:15 pm -2:30 pm	2:45 pm – 4:45 pm	5:00 pm – 6:00 pm	7:00 – 10:pm
Registration/Housing	Welcome/Orientation	Team Building	Keynote Session	Dinner/CAPE Bowling

	Monday 7/11	Tuesday 7/12	Wednesday 7/13	Thursday 7/14	Friday 7/15
7:00-8:15 am	<i>Fitness Walking</i> Mindfulness/Yoga	<i>Fitness Walking</i> Mindfulness/Yoga	<i>Fitness Walking</i> Mindfulness/Yoga	<i>Fitness Walking</i> MVPA Workout	<b>8:00 – 10:00 am</b> Check Out
8:30-9:45 am	<i>Health</i> Street Racket	<i>Health</i> SEL	<i>APE</i> Large Group Games	<i>Sports Training</i> Team Building	
10:00-11:15 am	<i>Multicultural Dance</i> Health-Current Issues	<i>Street Racket</i> Health	<i>Ball Room Dance</i> Volleyball	<i>Country Line Dance</i> Gender – Coaching Differences	<b>9:30 – 2:00pm</b> Golf Scramble or Bishop Peak Hike
11:15-12:30 pm	Lunch	Lunch	Lunch	Lunch	
12:30-1:45 pm	<i>PBL</i> Large Group Games	<i>Health</i> Gopher Games	<i>Standards</i> Fitness Testing	<i>APE</i> Non-traditional Games	
2:00 – 3:15 pm	<i>Health</i>  Gopher	<i>Health</i>  Volleyball	<i>Athlete Recovery</i>  Boxing	<i>Uncover Your Coaching Style</i> Boxing	
3:30 -4:45 pm	<i>Street Racket</i> Gopher	<i>Yoga</i> Fitness Testing	<i>Zumba</i> TBD	<i>Zumba</i> TBD	
4:30 – 7:00 pm	Innertube H2O Polo	Street Racket	Beach Volleyball	Vendor	
7:00 – 10:00 pm	BBQ @ Questa	Bonfire/Tracer @ Dairy Creek	Casino Night w/ Dinner and Dancing	Night on the Town Scavenger Hunt	

\*Schedule is subject to change