**Camp Objectives:**

* To bring together female athletes and coaches from around BC
* To give athletes the opportunity to learn from each other and coaches in a positive environment
* To learn valuable on water and off water skills
* To help prepare athletes for upcoming 2017 racing season
* Have fun on and off the water!

**Camp Schedule**

**Friday**

**5:00pm**- Camp begins- Set up tents, Unload boats etc.

6:00pm Introductions- Meet the athletes and coaches

6:30pm Run and Stretch

7:30pm **Dinner**

8:30pm Lauren Talk (Mental Skills Training)

10:00pm Lights out

**Saturday**

7:30am Wake up

8:00am **Breakfast**

9:00am Technique talk

10:00am Paddle

12:00pm Lunch

1:00pm Group Q&A with all the coaches(Emily, Diane, Mallorie, Lauren, Caitlyn, Gill)

2:00pm Yoga session with Emily

3:30 Paddle

5:30 Caitlyn Talk (Injury Prevention)

6:30 **Dinner**

8:30-Activity (Fire, smores, scary stories, etc)

10:00pm lights out

**Sunday**

7:30am Wake up

8:00am **Breakfast**

9:00am Paddle

11:00am pack up tents, boats etc.

**11:30am** End of camp

 \*The schedule is subject to change based on weather and other factors.