

2014 IRON WOOD THROWER DEVELOPMENT CAMP – CAMP SCHEDULE TEMPLATE – JULY 7 to 12, 2014

MONDAY, JULY 7	TUESDAY, JULY 8	WEDNESDAY, JULY 9	THURSDAY, JULY 10	FRIDAY, JULY 11	SATURDAY, JULY 12
Travel Day – Arrival **Our Shuttle Transportation service is available all day**	6:00 AM Wake up	6:00 AM Wake up	6:00 AM Wake up	6:00 AM Wake up	Travel Day – Departure **Our Shuttle Transportation service is available all day**
12:00 PM to 4:00 PM Check-in @ Morrison Hall	7:00 AM Breakfast	7:00 AM Breakfast	7:00 AM Breakfast	7:00 AM Breakfast	6:00 AM Wake up
4:00 PM Orientation Guest Speaker to follow “Motivation”	8:30 AM Roll call Guest Speaker to follow Warm-up to follow	8:30 AM Roll call Guest Speaker to follow Warm-up to follow	8:30 AM Roll call Guest Speaker to follow Warm-up to follow	8:30 AM Roll call Guest Speaker to follow Warm-up to follow	7:00 AM Breakfast
5:30 PM Dinner	9:00 AM to 11:30 AM Morning Session “Throwing Practice”	9:00 AM to 11:30 AM Morning Session “Throwing Practice”	9:00 AM to 11:30 AM Morning Session “Throwing Practice”	9:00 AM to 11:30 AM Morning Session “Throwing Practice”	7:00 AM to 12:00 PM Check out @ Morrison Hall
7:00 PM Roll Call Guest Speaker to follow “Motivation”	12:00 PM Lunch	12:00 PM Lunch	12:00 PM Lunch	12:00 PM Lunch	8:30 AM Roll call (optional) Guest Speaker to follow Warm-up to follow
7:30 PM Evening Session First Rotation Lecture Series #1 “Technique Overview”	2:00 PM Roll Call Guest Speaker to follow Warm-up to follow	2:00 PM Roll Call Guest Speaker to follow Warm-up to follow	2:00 PM Roll Call Guest Speaker to follow Warm-up to follow	2:00 PM Roll Call Guest Speaker to follow Warm-up to follow	9:00 AM to 11:00 AM Morning Session (Optional) “Throwing Practice”
8:45 PM Evening Session Second Rotation Lecture Series #1 “Technique Overview”	2:30 PM to 5:00 PM Afternoon Session “Throwing Practice”	2:30 PM to 5:00 PM Afternoon Session “Throwing Practice”	2:30 PM to 5:00 PM Afternoon Session “Throwing Practice”	2:30 PM to 5:00 PM Afternoon Session “Throwing Practice”	12:00 PM Camp commences
10:45 PM Room Check	5:00 PM Dinner	5:00 PM Dinner	5:00 PM Dinner	5:00 PM Dinner	
11:00 PM Lights Out	7:00 PM Roll Call	7:00 PM Roll Call	7:00 PM Roll Call	7:00 PM Roll Call	
	7:30 PM Evening Session First Rotation Lecture Series #2 “Advanced Technique”	7:30 PM Evening Session First Rotation Activity Series #1 “Training Methods”	7:30 PM Evening Session First Rotation Activity Series #2 “Iron Wood Games”	7:30 PM Evening Session First Rotation Activity Series #3 “Iron Wood Games”	
<i>Please note that there will be no accommodations available for “early” arrivals prior to July 7th. Please try to arrive the morning/early afternoon on the 7th.</i>	8:45 PM Evening Session Second Rotation Lecture Series #2 “Advanced Technique”	8:45 PM Evening Session Second Rotation Activity Series #1 “Training Methods”	8:45 PM Evening Session Second Rotation Lecture Series #3 “Sport Psychology”	8:45 PM Evening Session Second Rotation Lecture Series #3 “Camp Awards”	<i>Please note that there will be no accommodations available for “late” departures following July 12th. Please try to leave late morning or afternoon on the 12th.</i>

PLEASE NOTE: OUR FINALIZED SCHEDULE WITH MUCH MORE DETAIL IN TERMS OF SESSION LOCATIONS AND SPEAKER NAMES, ETC.

WILL BE SENT TO ALL CAMPERS AND STAFF ONCE IT IS APPROVED BY EASTERN WASHINGTON UNIVERSITY