

July 20

Adams State High Altitude Distance Camp

7/20 SUNDAY	7/21 MONDAY	7/22 TUESDAY	7/23 WEDNESDAY	7/24 THURSDAY	7/25 FRIDAY
	7:00am-8:00am Breakfast	7:00am-8:00am Breakfast	7:00am-8:00am Breakfast	7:00am-7:30am Breakfast	7:00am-8:00 Run
	8:00 Meet by Bubble Mountain Run - Ft. Garland	8:30-9:30 Class- Coach Martin	8:15-9:15 Class- Coach Martin	7:45 Meet by Bubble	8:00-9:00 Breakfast
		10:00 Meet on Outdoor Track Easy Run & Strides	9:30 Meet by Plachy Hall Intervals @ Cole Park	-Run at Great Sand Dunes National Park -Games on Dunes -Lunch	9:00-9:45 Class: Coach Martin
					10:00-11:30 Check Out of Dorms
	12:00-1:00 Lunch	11:00-1:00 Lunch	11:30-1:00 Lunch		
	1:00-2:30 Free Time	1:00-2:30 Free Time or <i>Campus Tour Starts from Richardson Hall 1:30</i>	1:00-2:30 Free Time	1:00 Meet in Sand Dunes Parking Lot to Zapata Falls	
	2:30-3:30 Class- Sport Psychology Dr. Brian Zuleger	2:45-3:45 Class in Bubble Coach Duncan - Drills, Mobility, Core	2:45-3:45 Class Coach Chuck Schwartz	Zapata Falls	
	4:00-6:30 pm Check In - Plachy Hall	4:00-5:00 Camp Olympics Knock Out	4:00-5:00 Camp Olympics Ultimate Frisbee	3:00 Meet in Zapata Falls Parking to Depart	
	5:00-6:00 Dinner	5:00-6:00 Dinner	5:00-6:00 Dinner	5:30-6:45 BBQ & T-shirt swap on Campus Green	
	6:15-7:15 Class-Injury Prevention Josh Merrick, DPT	6:15-7:15 Class Coach K Recruitment & College	6:30-8:30 Splashland Pool or Games in Fieldhouse	7:00 Class-Panel Of Champions	
	7:00 Camp Meeting in Fieldhouse	7:30-9:00 Camp Olympics Dodgeball		8:00-9:30 Camp Olympics Egg Toss-n-Catch	
	9:00 In Rooms	9:15 In Rooms		9:45 In Rooms	
	10:00 Lights Out	10:00 Lights Out	9:30 Lights Out	10:00 Lights Out	