

# Proposed Program

## Friday

- 18.45: Arrival
- 19.30: Dinner
- 20.00: Get to know each other Activities
- 21.30: Bed Time

## Saturday

- 7.30: Breakfast
- 9.30: Session 1
  - Hills Warriors
  - Running Fitness
  - The Basics (Strength & Conditioning for Young Athletes)
- 12.30: Lunch
- 13.00: Work Shop
- 14.00: Swimming
- 15.30: Afternoon Tea
- 17.00-18.45: Track
  - U8, U9 & U10 Rotation of Sprint, Long Jump & Discus (30 minutes per event)
  - U11 + Rotation of Sprints, Triple Jump & Javelin (30 minutes per event)
- 19.00: Dinner
- 19.45: Movie
- 21.30: Bed Time

## Sunday

- 7.30: Breakfast
- 8.00: Pack your bags
- 9.30-11.20: Track
  - U8, U9 & U10: Rotation of: Walks, Long Jump & Relay (30 minutes per event)
  - U11+ Rotation of Hurdles, High Jump & Discus (30 minutes per event)
- 12.00: Lunch
- 13.00: Water Activity – Canoeing

**Kris Kringle Present Giving**  
Please bring a novelty Kris Kringle Christmas Gift (valued at no more than \$10), wrapped & labelled for "boy", "girl" or "boy/girl".

**NB: Due to allergy considerations, NO food products are to be given as presents includes chocolates and lollies!!!**

