

Sports Camps in 2022

Draft 2022 Sports Camps.

Day 1			
DATE	Monday 17.01.2022		
TIME	ACTIVITY	PAX	NOTE
14:00	Arrival	60	Please complete your lodge arrival checklist
15:30 - 16:30	Bootcamp	60	Boxing Area and Beach Volleyball court booked. GCPC Facilitated
17:00 - 18:00	Deep Water Exercise	60	Deep Water Exercise (facilitator)
18:30 - 19:30	Dinner Athletes	60	Trackside Bistro
19.30 – 20.30	CC run Team Building	60	Aerobics Studio for group talk
Day 2			
DATE	Tuesday 18.01.2022		
TIME	ACTIVITY	PAX	NOTE
07:00 - 07:30	Breakfast Athletes	60	Trackside Bistro
07:30 - 09:00	Sports specific sessions 50m pool session (1,2,3) Cricket oval Softball / football / touch on grassy oval area	30 30	3 lanes in 50m pool booked Coaches specific sport using fields Cricket oval Softball / football / touch on grassy oval area
10:00 - 11:00	Laser Skirmish Aquatic games	30 30	Lodge Grass Area booked (alternate with groups) GCPC Facilitated
12:00 - 12:30	Lunch Athletes	60	Trackside Bistro
13:30 - 14:30	Laser Skirmish Aquatic games	30 30	Lodge Grass Area booked (alternate with groups) GCPC Facilitated
14:30 - 15:30	Sports specific sessions 50m pool session (1,2,3) Cricket oval Softball / football / touch on grassy oval area	30 30	3 lanes in 50m pool booked Coaches with specific sport using fields Cricket oval Softball / football / touch on grassy oval area
15.30-18.00	CC run Team Building	60	Aerobics Studio for group talk
18:00 - 18:30	Dinner Athletes	60	Trackside Bistro
19.00- 21.00	Movie	60	In GCPC theatre
Day 3			
DATE	Wednesday 19.01.2022		
TIME	ACTIVITY	PAX	NOTE
07:00 - 07:30	Breakfast Athletes	60	Trackside Bistro
08:00 - 09:00	Flexibility session	60	Functional Flexibility and Yoga(facilitator)
10:00	Depart	60	Depart Gold Coast Performance Centre
11.00 – 12.00	Water Adventure	60	To be organized by Clayfield