



**CLAYFIELD COLLEGE**  
*Committed to Excellence*

## Clayfield College Winter Sports Camp

Thursday 16<sup>th</sup> June to Saturday 18<sup>th</sup>

Day 1			
DATE	<b>Thursday 16.06.2022</b>		
TIME	ACTIVITY	PAX	NOTE
14:00	Arrival	60	Please complete your lodge arrival checklist
15:30 - 16:30	<b>Rotation 1</b> Bootcamp/Outdoor Exercise Activity	60	Group 1 (33 pax): Bootcamp Group 2 (33 pax): Outdoor Team Challenge
17:00 - 18:00	<b>Rotation 2</b> Bootcamp/Outdoor Exercise Activity	60	Group 1 (33 pax): Outdoor Team Challenge Group 2 (33 pax): Bootcamp
18:30 - 19:00	Dinner Athletes	60	Trackside Bistro
19:30 - 20:30	CC Team Building session	60	All students to attend
Day 2			
DATE	<b>Friday 17.06.2022</b>		
TIME	ACTIVITY	PAX	NOTE
07:00 - 07:30	Breakfast Athletes	60	Trackside Bistro
07.30-10.00	<b>Sports Specific Sessions</b> (Students to select one)	60	Hockey Netball Tennis Volleyball
10:30 - 11:30	<b>Rotation 1</b> Amazing Race / Laser Skirmish	66	Group 1 (33 pax): Amazing race. Group 2 (33 pax): Laser Skirmish
12:00 - 12:30	Lunch Athletes	60	Trackside Bistro
13:00 - 14:00	<b>Rotation 2</b> Amazing Race / Laser Skirmish	60	Group 1 (33 pax): Laser Tag Group 2 (33 pax): Amazing Race
14.30-16.30	<b>Sports Specific Sessions</b> (Everyone must attend)	60	Athletics
17:00 - 18:00	CC Team Building session	60	All students
18:00 - 18:30	Dinner Athletes	60	Trackside Bistro
19:00 - 21:00	Movie Night	60	All students to attend



Day 3			
DATE	Saturday 18.01.2022		
TIME	ACTIVITY	PAX	NOTE
07:00 - 07:30	Breakfast Athletes	60	Trackside Bistro
08:00 - 09:00	<b>Rotation 1</b> Functional Flexibility / Yoga Activity	60	Group 1 (30 pax): Functional Flexibility + Yoga Group 2 (30 pax): RPM
09:00 - 10:00	<b>Rotation 2</b> Functional Flexibility / Yoga Activity	60	Group 1 (30 pax): RPM Group 2 (30 pax): Functional Flexibility + Yoga
10:00	Depart	60	Depart Gold Coast Performance Centre

## Packing List

- Basic Toiletries
  - ✓ Toothbrush
  - ✓ Toothpaste
  - ✓ Hairbrush
  - ✓ Soap and shampoo/conditioner
  - ✓ Sunscreen
  - ✓ Deodorant
- Bath towel
- CC sports uniform (for sport specific sessions on day 2)
- Exercise clothing (for day one and three)
- Casual clothing (for evenings)
- Warm Clothing
- Runners (x2)
- Pajamas
- Underwear
- Socks
- Water bottles (please have at least 2 that are named)
- Hat/Cap (compulsory)
- Money / card