

## 2008 PARA-ATHLETICS NATIONAL DEVELOPMENT SQUAD TRAINING CAMP SCHEDULE & CONTENT

### MONDAY, JULY 7

5:30 to 6:30 pm	Introduction Meeting <i>Purpose of meeting: welcome, introductions, overview and purpose of training camp; overview of Senior National Team programs; National Development Teams to IWAS World Juniors &amp; USA National Junior Championships; Q&amp;A</i>
6:30-7:15 pm	Dinner
7:30 – 8:00 pm	Guest Speaker
8:00 pm	Evening free

### TUESDAY, JULY 8

7:00 to 8:30 am	Practice @ Stadium
8:45 to 9:30 am	Continental Breakfast @ McPherson Lounge (Alumni Hall Residence). Breakfast included in accommodation fee.
10:00 – Noon	Classroom Session
Noon – 1:00pm	Box Lunch
1:00 – 1:45 pm	Free Time
2:00 – 4:30 pm	Track & Field Practical Session @ Stadium <i>Athlete's personal training will be observed and feedback provided</i> Including Dartfish Shooting @ Stadium
4:45 – 7:15 pm	Dinner on your own (list of restaurants nearby to be provided)
7:30 – 9:30 pm	Classroom Session

### WEDNESDAY, JULY 9

7:00 to 8:30 am	Practice @ Stadium
8:45 to 9:30 am	Continental Breakfast @ McPherson Lounge (Alumni Hall Residence). Breakfast included in accommodation fee
10:00 – Noon	Classroom Session
Noon – 1:00pm	Box Lunch
1:30 – 3:00 pm	Classroom Session
3:00 – 5:30 pm	Free Time (snack to be provided)
5:30 – 9:00 pm	Twilight Meet @ Stadium (entry fee included in NDS training camp registration fee)
9:00 – 11:00 pm	NDS Training Camp BBQ & Wrap-Up