

Wingate Cross Country Camp 2019					
Time	Sunday	Monday	Tuesday	Wednesday	Thursday
7:00-8:00		7AM Overnight Campers Breakfast 7:30AM Day Camp Check In at Cross Country Course	Overnight Campers Breakfast	Overnight Campers Breakfast	Overnight Campers Breakfast
8:00-8:30		Dynamic Warm-Up Gatorade Hydration Talk	Depart Campus for Run	Dynamic Warm-Up	Race-Day Simulation
8:30-9:00		Distance Run	Dynamic Warm Up	Pre-Race Day Simulation 3K Preview	
9:00-9:30			Cool Down After the Cool Down you will get wet! [Cross Country Course]	Fartlek Run Jesse Helms Soccer Complex and Trails	Cool Down After the Cool Down you will get wet! [Cross Country Course]
9:30-10:00		Free Time w/ Counselors at Dorm		Cool Down After the Cool Down you will get wet!	Free Time w/ Counselors at Dorm
10:00-10:30		Free Time w/ Counselors at Dorm	Free Time w/ Counselors at Dorm	Free Time w/ Counselors at Dorm	
10:30-11:00			Free Time w/ Counselors at Dorm		
11:00-11:30		Activity A 11:15AM Yoga [McGee Center]	Patrick Young Wingate University Southeast Psych	Camp Counselor Q & A Panel	
11:30-12:00			Lunch at Cafeteria	Activity A Goal Setting	
12:00-12:30		Lunch at Cafeteria	Activity B Finish Line Dive [Cross Country Course]	Lunch at Cafeteria	
12:30-1:00				Activity B Team Work Makes the Dream Work [Second Floor Cuddy]	
1:00-1:30		Core Blast with Coach Zach [Second Floor Cuddy]	Free Time w/ Counselors at Dorm	Team Work Makes the Dream Work [Second Floor Cuddy]	
1:30-2:00					
2:00-2:30		Matt Elliott	Ashleigh Handchen Charlotte Running Company	Mike Arcidiacono Select Physical Therapy	
2:30-3:00					
3:00-3:30		Free Time w/ Counselors at Dorm OR Bookstore with a Counselor	Free Time w/ Counselors at Dorm OR Bookstore with a Counselor	Free Time w/ Counselors at Dorm OR Bookstore with a Counselor	
3:30-4:00		Pool/ Volleyball Lifeguard on duty	Pool/ Volleyball Lifeguard on duty	Pool/ Volleyball Lifeguard on duty	
4:00-4:30	Overnight Camper Check-In at Dorm				Free Time w/ Counselors at Dorm
4:30-5:00		Day Re-Cap at Dorm	Day Re-Cap at Dorm	Day Re-Cap at Dorm	
5:00-5:30	Camper Meeting In Lobby Meet Counselors Dorm Rules Camper Fact or Fiction [Come Dressed to Run]	Day Campers Depart Overnight Campers Prepare for Dinner	Day Campers Depart Overnight Campers Prepare for Dinner	Day Campers Depart Overnight Campers Prepare for Dinner	
5:30-6:00					Campus Shake Out Run
6:00-6:30	Dinner in Cafeteria	Dinner in Cafeteria	Dinner in Cafeteria	Dinner in Cafeteria	
6:30-7:00					
7:00-7:30	Evening Activity Minute to Win It Girls vs. Guys [Dorm First Floor]	Evening Activity Larger Than Life [Stegall Lawn]	Free Time in Dorm	Evening Activity Battle of the Halls [Dorm]	
7:30-8:00					
8:00-8:30					
8:30-10:00	Free Time in Dorm	Free Time in Dorm	Evening Activity 9PM-10PM Glow Capture the Flag [Stegall Lawn]	Free Time in Dorm	