

13/U HPP Camp Program July 2019



Monday 1st July

8.30 am Arrive, drop off bags, induction, and welcome

9am Fitness/netball Skills session with **Jess Whitfort** and Coach Camp leaders

10.30 am Morning tea

11am Physio flexibility and recovery session

12.15 Lunchtime

1pm Afternoon YMCA Adventure Activities rotation

4pm Showers/rest

5pm. OAM Paralympian Matt Haanappel Overcoming challenges session

6pm Dinner

6.45pm Games night

8.30pm Free time

9.30pm Bed

Tuesday 2nd july

7.30am Breakfast

9am Netball skills session and goaling with **Mwai Kumwenda**

10.15am Q and A Chat with Mwai

10.30am Morning tea

11am Games morning with camp leaders

12.30 Lunch

1.30pm Afternoon AdventuresYMCA activities rotation

4.30pm Afternoon tea

5-6pm Goal setting and Netball Vic pathway session with **Julie Corletto** and Jess Whitfort

6pm Dinner

7pm PJ's, Popcorn and movie night

9.30pm bed

Wednesday 3rd July

7.30am Breakfast

8am Amazing Race around Manyung

10.30am Pack up rooms

11am Depart