



ACTIVE LIFE AND LEADERSHIP

JULY 13-17, AUG 4-7, & AUG 24-28

AGES 12-15 YRS

SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Workshop: Introduction into Leadership	Workshop: Verbal and Non-verbal Communication	Workshop: Leadership Styles and Roles	Workshop: Being Adaptable and Handling Failure	Workshop: Goal Setting
SNACK	SNACK	SNACK	SNACK	SNACK
Beach: Volleyball	Richmond Olympic eXperience	Climbing	Spend Time with other Camps	Spend time with other Camps
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Teambuilding Exercises	Workshop: Developing as a Coach	Workshop: Coach Practice	Teambuilding Exercises	Workshop: Weekly Reflection
SNACK	SNACK	SNACK	SNACK	SNACK
Climbing	Beach: Spikeball	Racquet Sport: Weekly Activity	Court Sport: Kinball	Water Games or Capture the Flag

Schedule is subject to change

ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch

Notebook & pen

Warm clothes for skating



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