

High Profile Adventure Camp 2010

TENTATIVE as of 11/20/09

Schedule

Friday, March 26, 2010

3:00 – 6:00 p.m.	Check In
6:00 – 6:30 p.m.	Welcome and Camp Introduction
6:30 – 8:00 p.m.	Presentation – <i>Paddling</i> – <i>Jeremy Rodgers</i>
8:00 – 10:30 p.m.	Presentation – <i>Navigation</i> – <i>Ron Stonitsch</i>

Saturday, March 27, 2010

6:00 – 7:00 a.m.	Buffet Breakfast
7:00 – 12:00 a.m.	Navigation and Paddling Field Practice
12:00 – 2:00 p.m.	Presentation – <i>Ropes</i> – <i>Gerry Voelliger</i>
2:00 – 6:00 p.m.	Field Practice - Ropes
6:00 – 7:00 p.m.	Break and Clean Up for Dinner
7:00 – 7:30 p.m.	Spaghetti Dinner
7:30 – 8:30 p.m.	Presentation – <i>Advance Adventure Camp</i> – <i>Colorado</i>
– <i>Gerry Voelliger</i>	
8:30 – 9:30 p.m.	Presentation – <i>Nutrition</i> – <i>Jeremy Rodgers</i>
9:30 – 10:30 p.m.	Presentation – <i>Foot Care</i> – <i>Jeremy Rodgers</i>
10:30 –	Campfire with Live Entertainment

Sunday, March 28, 2010

6:00 – 7:00 a.m.	Buffet Breakfast
7:00 – 8:00 a.m.	Lightning Strikes Adventure Race Briefing
8:00 – 9:00 a.m.	Prepare Maps and Gear for Race
9:30 a.m.	Race Starts
3:30 p.m.	Race Finish – All teams must be off course
3:30 – 5:00 p.m.	Clean Up & Cabin Check Out