

Monday Aug 25th

Time	Where	What
10:30	MHHS	Registration at MHHS (for XC...especially any 10/11 kids)
12:00	MHHS	Depart (bring a Sack Lunch)
2:00	Buckhorn Camp	Arrive
2:30	Chapel of the Pines	Intro to camp
3:30		Run (4-5 Mi)
5:00	Dining Hall	Dinner
6:30		Video Tape Running Form
7:30	Chapel of the Pines	Team Meeting
8:30	Chapel of the Pines	Analysis of Running Form
9:30	?	Core work
10:00		In Cabin
10:30		Lights Out

Tuesday Aug 26th

Time	Where	What
6:30		Rise
7:00		Run (2-3 mi)
8:00	Dining Hall	Breakfast
9:00	Recreation Area	Human Foosball and Volleyball
12:00	Dining Hall	Lunch
1:00		Run to Suicide Rock (8-10-14mi)
3:00		SHOWER!/Freetime
4:00	Pool	Swimming/Aqua jogging
6:00	Dining Hall	Dinner
7:00		
8:00	Chapel of the Pines	Race Tactics
9:00	Dining Hall	Games
10:30	?	Core
11:00		Lights out

Wednesday Aug 27th

Time	Where	What
6:30		Rise
7:00		Run (2-3 mi)
8:00	Dining Hall	Breakfast
9:00		
10:00	Cabins/Bathrooms	Camp Clean-up
11:00		Depart
11:15	Idyllwild	Lunch/ Touristy Stuff in Idyllwild
2:30		Arrive at MHHS