



## 2011 Max Out Schedule Gretna-GI

| Day 1         | Activity                                 |  |  |  |
|---------------|--|--|--|--|
| 5:45PM        | Check-in                                 |  |  |  |
| 6:30PM        | Opening Team Meeting                     |  |  |  |
| 6:45-7:40PM   | Team Building                            |  |  |  |
| 7:45-8:30PM   | Evening Session                          |  |  |  |
| 8:30-9PM      | Huddles                                  |  |  |  |
| 8:30-9PM      | Adult Session                            |  |  |  |
| 9PM           | Dismiss Commuter Campers                 |  |  |  |
| 9:00 PM       | Snacks                                   |  |  |  |
| 9:30-10:30 PM | Team Building                            |  |  |  |
| 11:00 PM      | Lights Out                               |  |  |  |
| Day 2         | Activity                                 |  |  |  |
| 6:30 AM       | Wake-up                                  |  |  |  |
| 6:50 AM       | Team Calisthenics                        |  |  |  |
| 7:00 AM       | Quiet Time                               |  |  |  |
| 7:30 AM       | Breakfast                                |  |  |  |
| 8:00 AM       | Commuter Campers arrive by 8:00          |  |  |  |
| 8:15 AM       | Team Meeting - DSGW                      |  |  |  |
| 9:15-10:45 AM | Training Session 1 (Goal/Winning)        |  |  |  |
|               | <i>Football</i>                          |  |  |  |
|               | <i>B/G Basketball</i>                    |  |  |  |
|               | <i>Volleyball</i>                        |  |  |  |
|               | <i>B/G Soccer-Gretna only</i>            |  |  |  |
|               | <i>B/G Speed &amp; Agility</i>           |  |  |  |
| 11:00 AM      | Huddles                                  |  |  |  |
| 11:00 AM      | <i>Adult Session</i>                     |  |  |  |
| 12:00 PM      | Lunch                                    |  |  |  |
| 1:00 PM       | Team Meeting - DSGW                      |  |  |  |
| 2:15-3:45 PM  | Training Session 2 (Audience/Motivation) |  |  |  |
|               | <i>Football</i>                          |  |  |  |
|               | <i>B/G Basketball</i>                    |  |  |  |
|               | <i>Volleyball</i>                        |  |  |  |
|               | <i>B/G Soccer-Gretna only</i>            |  |  |  |
|               | <i>B/G Speed &amp; Agility</i>           |  |  |  |
| 4:00 PM       | <i>Huddles</i>                           |  |  |  |
| 4:45 PM       | Free Time (shower)                       |  |  |  |
| 5:30 PM       | Dinner                                   |  |  |  |
| 6:45 PM       | Team Meeting                             |  |  |  |
|               | <i>Music</i>                             |  |  |  |
|               | <i>Testimony</i>                         |  |  |  |
|               | <i>Gospel</i>                            |  |  |  |
| 8:00 - 9:00PM | Huddles                                  |  |  |  |
| 8:00-9:00 PM  | Adult Session                            |  |  |  |
| 9:00PM        | Dismiss Commuter Campers                 |  |  |  |
| 9:00 PM       | Snacks                                   |  |  |  |
| 9:30-10:30 PM | Team Building                            |  |  |  |
| 11:00 PM      | Lights Out                               |  |  |  |
| Day 3         | Activity                                 |  |  |  |
| 6:30 AM       | Wake-up                                  |  |  |  |
| 6:50 AM       | Team Calisthenics                        |  |  |  |
| 7:00 AM       | Quiet Time                               |  |  |  |
| 7:30 AM       | Breakfast                                |  |  |  |
| 8:00AM        | Commuter Campers arrive by 8AM           |  |  |  |
| 8:15 AM       | Team Meeting - DSGW                      |  |  |  |
| 9:15 AM       | Training Session 3 (Get in the Game)     |  |  |  |
|               | <i>Football</i>                          |  |  |  |
|               | <i>B/G Basketball</i>                    |  |  |  |
|               | <i>Volleyball</i>                        |  |  |  |
|               | <i>B/G Soccer-Gretna only</i>            |  |  |  |
|               | <i>B/G Speed &amp; Agility</i>           |  |  |  |
| 10:30 AM      | Closing Team Meeting                     |  |  |  |
| 11:00 AM      | Huddles                                  |  |  |  |
| 11:00 AM      | Adult Session                            |  |  |  |
| 11:30 AM      | Check-Out (shower/pack)                  |  |  |  |