



2019 VI RAIDERS MAIN CAMP ITINERARY

July 17 - 6:00pm - 8:00pm - Testing Combine

Snuneymuxw Rec Centre (1145 Totem Rd)

Bench 185 and 225

Vertical Jump

Shuttle (5-10-5)

40yrd sprint

Broad Jump



July 18 - 7:00pm - 9:15pm – Practice #1

Comox Field (445 Comox Rd)

July 19 - Depart

12:00pm - Leave from Comox Field

12:45pm - Arrive at Winchelsea Elementary (140 Renz Rd, Parksville, BC)

1:00pm - 3:00pm Set-up Camp (veteran players to assist in setup, washrooms, gear storage, rules to the school and grounds)

3:00pm - 4:00pm meetings (Team, O+D)

4:15pm - Taping

5:00pm - 7:15pm Practice #2

7:15pm - 8:15 Dinner

8:15pm - Special Teams Meeting

11:00pm - Lights out

July 20 @ Ballenas High School

6:30am - Workout (mobility, sprints, core)

7:00am - Breakfast and Meetings

8:00am - Taping

9:00am - 11:30am - Practice #3

11:30am - 12:30pm - Lunch

1:00pm - 2:00pm - Practice #4

2:00pm - 3:30pm - Specials Practice

3:30pm - 5:30pm - Team Event

5:30pm - 6:30pm - Dinner

6:30pm - 7:30pm - CCES

8:00pm - 8:30pm - Meetings (O and D)

11:00pm - Lights Out





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July 21@ Ballenas High School

6:30am - Workout (mobility, sprints, core)

7:00am - Breakfast

8:00am - Meetings

8:30am - Taping

9:30am - 11:30am - Practice #5

11:30am - 12:30pm - Lunch

12:30pm - 1:00pm - Meetings

1:30pm - 3:30pm - Practice #6

3:30pm - 4:30pm - Clean and Check off areas

5:30pm – Depart back to Nanaimo



List of camp needs:

Bedding (Sleeping bag, air mattress, blanket, pillow etc.)

Toiletries (deodorant, toothbrush, toothpaste, body wash, shampoo)

Workout Attire

Casual Attire

Towel

Water Bottle

Garbage bag

Sunscreen

Pen or pencil

Laptop if you own one

Earplugs (recommended)

Foam Roller (if you own one)

