

Lounasulka Kumpoo Summer Camp II

3.8.-7.8.2017 Parainen

LEIRIOHJELMA

Time	Day 1 - Back	
10:00-11:00	Welcome	
	Indoor (Mads)	Outdoor (Sofie) (strength+rundbold)
11:00-13:00	1+2	3+4
13:00-14:00	Lunch (Announce "brevkasse")	
	Indoor (Mads)	Outdoor (Sofie) (strength+rundbold)
14:00-16:00	3+4	1+2
16:00-16:30	Break (fruit)	
16:30-18:00	Team games (Så' det ud) + (treasurehunt) + (Retarded indians)	
18:00-19:00	Dinner (Announce entertainment competition)	
19:00-21:00	Running + beach volley	
21:00-22:00	Break until sleep at 22:00	
22:00	Goodnight	

Time	Day 2 - mid
07:00-07:15	Goodmorning
07:15-08:00	Morning activity (Dans)
08:00-09:00	Breakfast
	All
09:00-11:00	Offensive mid
11:00-13:00	Defensive mid
13:00-14:00	Lunch
	All
14:00-16:00	mid in games
16:00-16:30	Break (fruit)
16:30-18:00	Team games (Frisbee golf)
18:00-19:00	Dinner
19:00-20:30	Warm up (Running square) - Matches
20:30-22:00	SHOW MATCH! Finland vs. Denmark
22:00	Goodnight

Time	Day 3 - Front	
07:00-07:15	Goodmorning	
07:15-08:00	Morning activity ()	
08:00-09:00	Breakfast	
	Indoor (Sofie)	Outdoor (Mads) (Run + beach)
09:00-11:00	1+4	2+3
11:00-13:00	2+3	1+4
13:00-14:00	Lunch	
	All	
14:00-16:00	front in games	
16:00-16:30	Break (fruit)	
16:30-18:00	Team games (Team matches)	
18:00-19:00	Dinner	
19:00-22:00	Alternative activity	
22:00	Goodnight	

Time	Day 4 - Double	
07:00-07:15	Goodmorning	
07:15-08:00	Morning activity ()	
08:00-09:00	Breakfast	
	Indoor (Mads)	Outdoor (Sofie)
09:00-11:00	1+2	3+4
11:00-13:00	3+4	1+2
13:00-14:00	Lunch	
	All	
14:00-16:00	Double in games	
16:00-16:30	Break (fruit)	
16:30-18:00	Team games (alternative)	
18:00-19:00	Dinner	
19:00-21:00	Prep for tonight's entertainment	
21:00-22:00	Fun night (Quiz + entertainment)	
22:00	Goodnight?	

Time	Day 5 - full court
07:00-07:15	Goodmorning
07:15-08:00	Morning activity
08:00-09:00	Breakfast
	ALL
09:00-11:00	Full court
11:00-13:00	Full court
11:30-13:00	Packing + lunch
	All
13:00-15:00	Team games and rough training
15:00	Goodbye ☹️