

**University of Richmond
Track and Field
Tentative Camp Schedule 2008**

Monday, July 21

8:30-9:00 am	Check-in Robins Center Ambulatory
9:15 am:	Warm-up
9:30 am:	Session 1
11:30 am:	Lunch in new Heilman Dining Center
12:30 pm:	Stretching session- Lori and Steve Taylor
1:00 pm:	Session 2
4:00 pm:	Depart campus

Tuesday, July 22

9:00 am:	Arrive on campus
9:15 am:	Warm-up
9:30 am:	Dynamic Warm-up introduction
10:15 am	Session 1
11:30 am:	Lunch in new Heilman Dining Center
12:30 pm:	How to choose running shoes-Tom Suddeth
1:00 pm:	Thera-Band use in rehab and strength work
2:00 pm:	Session 2
4:00 pm:	Depart campus

Wednesday, July 23

9:00 am:	Arrive on campus
9:15 am:	Warm-up
9:30 am:	Session 1
11:30 am:	Lunch in new Heilman Dining Center
12:30 pm:	Strength training-Jermaine Jones
2:00 pm:	Session 2
4:00 pm:	Depart campus

Thursday, July 24

9:00 am:	Arrive on campus
9:15 am:	Warm-up
9:30 am:	Session 1
11:30 am:	Lunch in new Heilman Dining Center
12:30 pm:	How to make yourself recruitable to college coaches- Steve Taylor and Brandon Craven
1:00 pm:	Camp Olympics
4:00 pm:	Depart campus