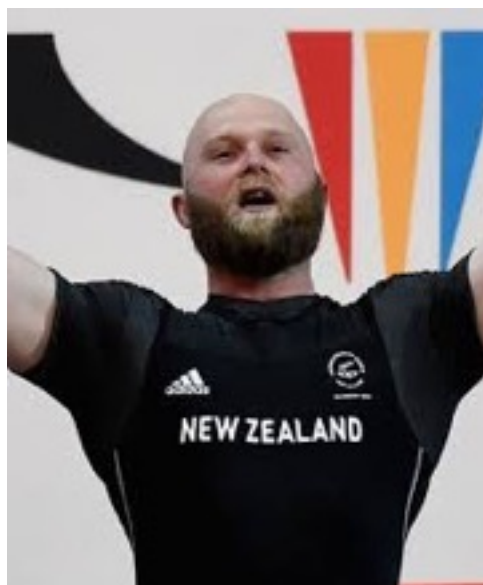




SUMMER CAMP 2018

We are stoked to announce our Senior Camp guest speaker is
Commonwealth Games gold medalist weightlifter

Richie Patterson!



Our Junior and Youth Camps will have the chance to get up
close and hear from our mystery Commonwealth Games Guests!

Registration closes on 13 December so get on the blower and book in

today!

096254354 * team@tristar.org.nz

TIMETABLE

Senior Camp

including all ages Tramp & Tumble

Monday 15 January

12:00-1:00pm
1:00-4:30pm
4:30-6:00pm
6:00-8:00pm

Rego / Welcome
Training
Break / Psychology
Training - end of day for Tramp and Tumble is 6pm

Tuesday 16 January

1:00-4:30pm
4:30-6:00pm
6:00-8:00pm

Training
Break / Nutrition
Training - end of day for Tramp and Tumble is 6pm

Wednesday 17 January

1:00-5:00pm
5:30+

Train
Were heading to the beach then having a sleepover - in the gym, not the beach!
++ Bring some \$ for food ++

Thursday 18 January

9:00-12:30pm
12:30-1:00pm
1:00-2:30pm

Train
Wrap up.
Burgers & Richie Patterson.

Junior Camp

Monday 22 January

10:00-11:00am
11:00-2:30pm
2:30-3:30pm
3:30-4:30pm

Rego / Welcome
Training
Break / DANCE WORKSHOP!
Training

Tuesday 23 January

11:00-2:00pm
2:00-3:30pm
3:30-4:30pm
4:30pm

Training
Break / SHOW REHEARSAL
Training
Water fight / SHOW / Movie / Sleep over!

Wednesday 24 January

9:00-11:30am
11:30-12:00noon
12:00-1:30pm

Training
Wrap up.
Burgers & Mystery COMMONWEALTH GAMES Guests!

TIMETABLE

Youth Camp

Wednesday 24 January

11:00-12:00pm

12:00-1:30pm

1:30-4:00pm

Kego / Welcome

Burgers & Mystery COMMONWEALTH GAMES Guests!

Training

Thursday 25 January

12:00-2:00pm

2:00-3:00pm

3:00-4:00pm

4:00-6:30pm

Training

Break / DANCE WORKSHOP!

Training

Team Games / Shared dinner

Friday 26 January

9:30-11:30am

11:30-12:00noon

12:00-1:00pm

Training

Wrap up.

Water fight!

Jump into it!