



USAT Junior Elite Team USA Camp
U.S. Olympic Training Center, Colorado Springs
November 10-13, 2017

Friday, November 10

10:00 am – 12:45 pm	Arrivals/Lunch (Check into OTC at Athlete Center)
1:00 pm – 1:45 pm	OTC Walking Tour
2:15 pm - 3:00 pm	Off Campus Run (Memorial Park)
3:15 pm – 4:00 pm	Introductions & Expectations – Coaches/Elites (Silver Room)
4:00 pm – 5:00 pm	Anti-Doping Education - USADA (Silver Room)
5:15 pm – 6:45 pm	Dinner
7:00 pm – 8:15 pm	Balancing Sport, School and Life - Elites (Silver Room)

Saturday, November 11

7:00 am – 8:00 am	Breakfast
8:00 am – 10:00 am	Swim Session with Coaches/Elites (Aquatics Center)
10:00am - 11:00 am	Recovery/Visit Team USA Store/Camp Picture
11:00 am – 12:00 pm	Strength + Conditioning (Ted Stevens Sports Center)
12:00 pm – 1:30 pm	Lunch/Recovery
1:30 pm – 3:30 pm	Run Skills (Indoor Turf if bad weather)
3:30 pm - 4:45 pm	Nutrition
5:00 pm – 5:50 pm	Dinner
6:00 pm – 7:15 pm	Q&A with Elites (Silver Room)
7:30 pm – 8:45 pm	Team USA Preview and Expectations (Silver Room)

Sunday, November 12

7:00 am – 8:00 am	Breakfast
8:00 am – 10:00 am	Swim Session with Coaches/Elites (Aquatics Center)
10:00 am - 10:45 am	Mental Skills (Silver Room)
11:00 am – 12:00 pm	Bike Maintenance (Silver Room)
12:00 pm – 1:00 pm	Lunch
1:00 pm – 4:30 pm	Off Campus Run and Garden of the Gods visit
4:30 pm – 5:00 pm	Recovery
5:00 pm – 6:00 pm	Dinner
6:00 pm – 7:00 pm	Media Training with Coaches/Elites (Silver Room)
7:00 pm – 8:00 pm	Junior Elite Performance Demands (Silver Room)
8:00 pm – 8:30 pm	Camp Wrap-Up with Coaches (Silver Room)

Monday, November 13

Breakfast/Lunch	OTC Dining Hall
4:30 am – 1:00 pm	OTC Check-Out/Departures to COS Airport via OTC Shuttle