

Girls Young Achievers Program

14th August 2015 – 16th August 2015

CQID Building 96, CQ University North Rockhampton

Program Start Time: 4:30pm (Friday)

Program Finish Time: 12:30pm (Saturday)

Contact Person: Kaitlin Moss

WHAT TO BRING:

- Towel
- Toiletries (Toothbrush, soap etc)
- Pillow/Blanket
- Footy Boots + Joggers
- Training Clothes
- Pyjamas
- Spare Clothes
- Jumper/Tracksuit
- Any medication needed
- Water Bottle
- Hat/sunscreen

Itinerary:

Friday

4:30pm: ARRIVE

5:00pm: 1st Training Session

6:30pm: Showers

6:45pm: Dinner

7:15pm: Guest Speaker/Motivation/Line

9:15pm: Free Time

10:30pm: Bed Time

Saturday

6:00am: 2nd Training Session

8:00am: Breakfast/Showers

8:45am: Guest Speaker

10:45am: Stretching/Motivation

11:00am: 3rd Training session

12:00pm: Lunch

12:30pm: DEPARTURE/Program Finished