

Travel Itinerary/Camp Schedule for OU Girls & Turns and Pins Camp

Wednesday, June 27 (Day 1):

9:30 AM	Arrive at CHS/load vehicles
10:00 AM	Depart Southlake, TX for The University of Oklahoma (~3 hours) 660 Parrington Oval, Norman, OK 73019
12:30-2:30 PM	Check in at dorm
2:50 PM	Meet in front of dorm to walk to gym
3:00-4:45 PM	Training Session
5:00-6:15 PM	Dinner
6:20 PM	Meet in front of dorm to walk to gym
6:30-8:30 PM	Training Session
10:00 PM	Lights out!

Thursday – Saturday, June 28 – 30 (Day 2- 4):

7:00 AM	Wake up knock
7:30-8:45 AM	Breakfast
8:50 AM	Meet in front of dorm to walk to gym
9:00-11:00 AM	Training Session
11:30-1:00 PM	Lunch
1:50 PM	Meet in front of dorm to walk to gym
2:00-4:00 PM	Training Session
4:30-6:00 PM	Dinner
6:20 PM	Meet in front of dorm to walk to gym
6:30-8:30 PM	Training Session
10:00 PM	Lights out!

Sunday, July 1 (Day 5):

7:00 AM	Wake up knock
7:30-8:45 AM	Breakfast
8:50 AM	Meet in front of dorm to walk to gym
9:00-11:00 AM	Training Session
11:00-12:30 PM	Check out at dorm
12:30 PM	Depart for Southlake, TX
~3:30 PM	Arrive in Southlake, TX

Medical Waiver/Release:

URL: <https://goo.gl/UVNfuc>



Camp Registration:

URL: <https://goo.gl/CZpHzv>



Camp Checklist:

URL: <https://goo.gl/GLvbdb>



Make sure you fill out this form if you are planning on attending camp!

<https://goo.gl/forms/EtsJ9bmnow1qEVjt2>

Travel Itinerary/Camp Schedule for Intensive Camp #2

Wednesday, June 27 (Day 1):

9:30 AM	Arrive at CHS/load vehicles
10:00 AM	Depart Southlake, TX for The University of Oklahoma (~3 hours) 660 Parrington Oval, Norman, OK 73019
12:30-2:30 PM	Check in at dorm
2:50 PM	Meet in front of dorm to walk to gym
3:00-4:45 PM	Training Session
5:00-6:15 PM	Dinner
6:20 PM	Meet in front of dorm to walk to gym
6:30-8:30 PM	Training Session
10:00 PM	Lights out!

Thursday – Saturday, June 28 – 30 (Day 2- 4):

6:30-7:15 AM	Training Session – Cardio Workout
7:30-8:45 AM	Breakfast
8:50 AM	Meet in front of dorm to walk to gym
9:00-11:00 AM	Training Session
11:30-1:00 PM	Lunch
1:50 PM	Meet in front of dorm to walk to gym
2:00-4:00 PM	Training Session
4:30-6:00 PM	Dinner
6:20 PM	Meet in front of dorm to walk to gym
6:30-8:30 PM	Training Session
10:00 PM	Lights out!

Sunday, July 1 (Day 5):

6:30-7:15 AM	Training Session – Cardio Workout
7:30-8:45 AM	Breakfast
8:50 AM	Meet in front of dorm to walk to gym
9:00-11:00 AM	Training Session
11:00-12:30 PM	Check out at dorm
12:30 PM	Depart for Southlake, TX
~3:30 PM	Arrive in Southlake, TX

Medical Waiver/Release:

URL: <https://goo.gl/UVNfuc>



Camp Registration:

URL: <https://goo.gl/CZpHzv>



Camp Checklist:

URL: <https://goo.gl/GLvbdb>

