

FILA Cadet National Team Training Camp #2 & American Cup Competition

October 17-20th, 2013

River Falls High School – River Falls, WI

DATE / TIMES	DAY	ACTIVITY
October 17th, 2013 1:00 am – 4:00 pm 5:00 pm 6:30 pm 7:00 pm – 8:30 pm	Thursday	Arrival to Minneapolis Airport for Shuttle Arrival to River Falls of All Athletes Welcome / Expectations Session #1 (Review Technique of Camp #1) Basic Positioning, Gut Wrench Offense, & Leg Attacks
October 18th, 2013 6:30 am 9:00 am – 10:00 am 10:15 am – 11:15 am 1:15 pm – 3:15 pm 5:30 pm – 7:30 pm 7:45 pm	Friday	Run / Agility Nutrition Seminar Sport Psychology Seminar Session #2 (Technique – Setting Up Leg Attacks) Session #3 (Technique – Front Head Lock Defense) Weigh Ins for American Cup
October 19th, 2013 6:30 am 8:00 am 9:00 am 6:00 pm	Saturday	Walk About/Team Breakfast Warm Up American Cup Competition Begins Competition Review (Technique)
October 20, 2013 7:30 am – 9:30 am 10:15 am After 12:00 pm	Sunday	Session #6 (Review Techniques of Camp #2) Shuttle for Minneapolis Airport Departs Departure For All Athletes