

Sample of Daily Schedule
for
Cougar A.D.V.A.N.C.E.
April 25, 26, & 27, 2011

Day 1

7:00 am	Depart Hauser Jr. High School (3.5 hours trip but Indiana is eastern time zone)
11:30 am	Arrive Bradford Woods & move luggage into cabins
12:00 pm	Welcome & Introductions
1:15 pm	Lunch
2:15 pm	Large group activities
3:15 pm	Low Challenge activities (small group)
6:00 pm	Dinner
7:30 pm	Speaker
9:30 pm	Return to Cabins
10:15 pm	Lights out

Day 2

7:00 am	Wake up
7:30 am	Breakfast
8:30 am	Low Challenge activities (small group)
12:00 pm	Activities end – Debrief (using essential ?'s) and walk back for lunch
12:30 pm	Lunch
1:30 pm	High Challenge Activities begin (rotate through in groups)
5:30 pm	Activities end – Debrief (using essential ?'s) and walk back for dinner
6:00 pm	Dinner
7:00 pm	Mini-conference (Drug, Alcohol, Violence, Decision Making, Leadership)
9:30 pm	Return to Cabins
10:15 pm	Lights out

Day 3

7:00 am	Wake up
7:30 am	Breakfast
8:30 am	High Challenge Activities continue (rotate through in groups)
11:45 am	Small group closes (letters to self & evaluations)
12:30 pm	Lunch
1:30 pm	Load buses
1:45 pm	Depart Bradford Woods
4:30 pm	Return to Hauser