

# The Basilio Mendoza Distance Camp

## Camp Agenda

June 20-23, 2011 Camp – June 25, 2011 5K Fun Run/Walk & Kids Mile Run  
(All times & guest speakers are subject to change.)

<b>Monday</b>	<b>June 20: Donna HS Gym</b>
7:00-7:15	Roll Call
7:15-7:45	Stretch
7:45-8:00	Individual Light Run
8:00-8:15	Guest Speaker: Noe Hernandez – 800 meter State Bronze medalist & Luis Nava-UTPA Stand-out
8:15-8:45	Monday & Wednesday Drills
8:45-9:45	Team Play: Softball or Ultimate Frisbee
9:45-10:15	Cool Down
10:15-11:00	Guest Speaker: Mr. Noe Hernandez Sr. (1968 State Champ in Track-880 yard run)
<b>Tuesday</b>	<b>June 21: Cross-Training-Pool Run</b>
7:00-7:15	Roll Call
7:15-7:45	Stretch
7:45-8:00	Individual Pool Workout
8:00-8:15	Guest Speaker: Starla Garcia-U of H/Arturo Villanueva (Valedictorian)-Harvard
8:15-8:45	Tuesday & Thursday Drills
8:45-9:45	Team Play: Soccer or Basketball
9:45-10:15	Cool Down
10:15-11:00	Guest Speakers: Jesse Rodriguez-UH/Tricia Terry TCU
<b>Wednesday</b>	<b>June 22: Trail Run</b>
7:00-7:15	Roll Call
7:15-7:45	Stretch
7:45-8:00	Individual Trail Run; Roller Blading; Mountain Bikes
8:00-8:15	Guest Speaker: Veronica Perales- Nutrition
8:15-8:45	Monday & Wednesday Drills
8:45-9:45	Team Play: Volley Ball or Flag Football
9:45-10:15	Cool Down
10:15-11:00	Guest Speaker: Coach Dave Hartman-UTPA
<b>Thursday</b>	<b>June 23: Donna HS Gym-Aerobics</b>
7:00-7:15	Roll Call-Pass out Shirt, Towel & Bag to Campers!
7:15-7:45	Stretch
7:45-8:00	Individual Workout: Aerobic
8:00-8:15	Picture Day!
8:15-8:45	Tuesday & Thursday Drills
8:45-9:45	Team Play: Camper Chooses!
9:45-10:15	Cool Down
10:15-11:00	Guest Speakers: UTSA Scott Slade
<b>Friday-</b>	<b>June 24, 2011 - Rest Day!</b>
<b>Saturday</b>	<b>7:30 AM Mile Run / 8 AM 5K Run</b>

**Saturday-June 25, 2011 5K Fun Run & Kids 1 Mile Run**

# Discipline Creates Performance!