

**2013 National Youth Sports Program
Daily Activity Schedule**

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Monday, JUNE 10

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Swimming
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Tuesday, JUNE 11

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Nutrition	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Swimming
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Nutrition	Fitness Walking	Rec Therapy	Fitness Walking	Track
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Wednesday, JUNE 12

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Swimming
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Thursday, JUNE 13

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Swimming
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Friday, JUNE 14

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Swimming
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Monday, JUNE 17

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Swimming
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Tuesday, JUNE 18

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Nutrition	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Nutrition	Fitness Walking	Soccer	Fitness Walking	Swimming
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Wednesday, JUNE 19

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Swimming
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Thursday, JUNE 20

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Metropark	Metropark	Metropark
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Metropark	Metropark	Metropark
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy
Group V Age 14-16	Lunch	Hometown Hero	Metropark	Metropark	Metropark	Metropark	Fitness Walking	Rec Therapy	Fitness Walking	Swimming

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Friday, JUNE 21

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Swimming

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Monday, JUNE 24

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Basketball
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Basketball	Fitness Walking	Soccer
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Leaders' Choice	Fitness Walking	Swimming
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Soccer	Fitness Walking	Track	Fitness Walking	Rec Therapy

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Tuesday, JUNE 25

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Nutrition	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Fitness Walking	Track
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Nutrition	Fitness Walking	Track	Fitness Walking	Basketball
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Swimming
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Wednesday, JUNE 26

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	HOFNOD				Fitness Walking	Rec Therapy	Fitness Walking	Track
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	HOFNOD			
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Swimming
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice
Group V Age 14-16	Lunch	Hometown Hero	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Thursday, JUNE 27

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	Hometown Hero	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice	Metropark	Metropark	Metropark	Metropark
Group II Age 11	Lunch	Hometown Hero	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy	Metropark	Metropark	Metropark	Metropark
Group III Age 12	Lunch	Hometown Hero	Fitness Walking	Rec Therapy	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Swimming
Group IV Age 13	Lunch	Hometown Hero	Fitness Walking	Track	Fitness Walking	Basketball	Fitness Walking	Soccer	Fitness Walking	Leaders' Choice
Group V Age 14-16	Lunch	Hometown Hero	Metropark	Metropark	Metropark	Metropark	Fitness Walking	Leaders' Choice	Fitness Walking	Rec Therapy

2013 National Youth Sports Program DAILY OFFICE Activity Schedule: Friday, JUNE 28

Date	10:30-10:50	10:50-11:10	11:10-11:40	11:40-12:25	12:25-12:40	12:40-1:25	1:25-1:40	1:40-2:25	2:25-2:40	2:40-3:25
Group I Age 10	Lunch	APPRECIATION BANQUET								
Group II Age 11	Lunch									
Group III Age 12	Lunch									
Group IV Age 13	Lunch									
Group V Age 14-16	Lunch									