

# Copper Harbor Women's Weekend

## Schedule of FUN

July 27<sup>th</sup>-29<sup>th</sup>, 2018

---



### Friday

- 11 am – 12:30 pm Participant Check-in @ Copper Harbor Community Building  
Name plate arts and crafts  
Bike setup in Grant Township Park
- 1:00 pm Welcome gathering in Grant Township Park – Coach intros
- 1:30 pm -4:30 pm Fundamental Skills and Drills
- 4:30 pm – 7:00 pm Dinner on your own
- 7:00 pm – 9:00 pm EVENING PRESENTATIONS @ Grant Township Park  
Session 1 (7:00 – 7:30): Choose a session  
Session 2 (7:30 – 8:10): Choose a session  
Break (8:10 – 8:30): Beverages Provided  
Session 3 (8:20 – 9:00): ALL PARTICIPANTS – Body Positioning by Lindsey

### Saturday

- 9:00 am – 9:30 am Yoga/Stretching @ Spirit of the North Wellness
- 9:30 am – 12:30 pm On Trail Learning/Skills in groups. Meet @ Grant Township Park
- 12:30 pm – 1:30 pm Groups will meet at Hunter's Point for lunch (Food provided by the Mariner)
- 1:30 pm – 4:30 pm On Trail Lessons in groups (location determined by coach)\*\*
- 4:30 pm – 7:00 pm Dinner on your own
- 7:00 pm FUN and GAMES in Grant Township Park (Beverages Provided)

### Sunday

- 9:00 am Breakfast pastries/drinks from Jamsen's with GROUP PHOTO @ scenic overlook on Brockway Mtn Drive  
\*Give yourself 30 minutes to ride up to the overlook on Brockway Drive
- 10:00 am – 1:00 pm On the Trail Learning – choose your own session. Meet @ Grant Township Park\*\*  
\* SIGN UP ON SATURDAY NIGHT FOR SUNDAY SESSIONS
- 1:00 pm Picnic in Grant Township Park – Food Provided by the Pines Restaurant
- 2:00 pm Weekend Wrap up & SWAG RAFFLE

\*\*Remember to tip KAC shuttle drivers!