

PAREL VALLEY RUGBY CAMP PROGRAM

(27 - 29 MAR 15)

FRIDAY 27 MAR 14:

U/14 TEAM	U/14 TEAM 39 x Players 17 x Dads	U/15 TEAM 24 x Players 13 x Dads	U/16 TEAM 24 x Players 10 x Dads	U/19 A TEAM 32 x Players 12 x Dads
14:00	Arrival - Waterblommetjie Camp, Grabouw Accommodation allocation	Arrival - Waterblommetjie Camp, Grabouw Accommodation allocation	Arrival - Waterblommetjie Camp, Grabouw Accommodation allocation	Arrival - Waterblommetjie Camp, Grabouw Accommodation allocation
14:30	Welcoming & Program Briefing Division into smaller teams”(8 - 10 / team)	Welcoming & Program Briefing Division into smaller teams”(8 - 10 / team)	Welcoming & Program Briefing Division into smaller teams”(8 - 10 / team)	Welcoming & Program Briefing Division into smaller teams”(8 - 10 / team)
15:00	Activity Explanation	Activity Explanation	Activity Explanation	Activity Explanation
15:30	Zip Line (Ruhan, Warren & Kingsley)	“Super Plumber”, etc. (Eben)	Kayaking Racing (Sidney & Gerald)	Giant Tyre Roll (Rikus)
16:30	Giant Tyre Roll (Rikus)	Zip Line (Ruhan, Warren & Kingsley)	“Super Plumber”, etc. (Eben)	Kayaking Racing (Sidney & Gerald)
17:30	Kayaking Racing (Sidney & Gerald)	Giant Tyre Roll (Rikus)	Zip Line (Ruhan, Warren & Kingsley)	“Super Plumber”, etc. (Eben)
18:30	“Super Plumber”, etc. (Eben)	Kayaking Racing (Sidney & Gerald)	Giant Tyre Roll (Rikus)	Zip Line (Ruhan, Warren & Kingsley)
19:30	Own time - get ready for the evening	Own time - get ready for the evening	Own time - get ready for the evening	Own time - get ready for the evening
20:00	Supper	Supper	Supper	Supper
21:00	Big Screen Movie - Outdoors (“Touching the Void”)	Big Screen Movie - Outdoors (“Touching the Void”)	Big Screen Movie - Outdoors (“Touching the Void”)	Big Screen Movie - Outdoors (“Touching the Void”)
22:45	Retire to accommodation	Retire to accommodation	Retire to accommodation	Retire to accommodation
23:00	Lights out	Lights out	Lights out	Lights out

SATURDAY 28 MAR 14:

TIME	U/14 TEAM 39 x Players 17 x Dads	U/15 TEAM 24 x Players 13 x Dads	U/16 TEAM 24 x Players 10 x Dads	U/19 A TEAM 32 x Players 12 x Dads
06:00	Wakey-wakey	Wakey-wakey	Wakey-wakey	Wakey-wakey
06:15	Morning run + aerobics	Morning run + aerobics	Morning run + aerobics	Morning run + aerobics
07:00	Shower / clean-up	Shower / clean-up	Shower / clean-up	Shower / clean-up
08:00	Breakfast	Breakfast	Breakfast	Breakfast
08:30	Activity Explanation	Activity Explanation	Activity Explanation	Activity Explanation
09:00	2-Rope Bridge (Gerald)	Raft Building/Racing (Eben & Kingsley)	“Iron Man” / endurance Run (Rikus)	Obstacle Course (Sidney)
10:00	Obstacle Course (Sidney)	2-Rope Bridge (Gerald)	Raft Building/Racing (Eben & Kingsley)	“Iron Man” / endurance Run (Rikus)
11:00	Morning Break / Refreshments	Morning Break / Refreshments	Morning Break / Refreshments	Morning Break / Refreshments
11:30	Guest Speaker: Clint Redhead - “TALK”			
12:00	“Iron Man” / endurance Run (Rikus)	Obstacle Course (Sidney)	2-Rope Bridge (Gerald)	Raft Building/Racing (Eben & Kingsley)
13:00	Wash-up & get ready for lunch	Wash-up & get ready for lunch	Wash-up & get ready for lunch	Wash-up & get ready for lunch
13:30	Lunch	Lunch	Lunch	Lunch
14:30	Raft Building/Racing (Eben & Kingsley)	“Iron Man” / endurance Run (Rikus)	Obstacle Course (Sidney)	2-Rope Bridge (Gerald)
15:30	Swim/Sower- get ready for afternoon	Swim/Sower- get ready for afternoon	Swim/Sower- get ready for afternoon	Swim/Sower- get ready for afternoon
16:30	Meet the Dads - into accommodation	Meet the Dads - into accommodation	Meet the Dads - into accommodation	Meet the Dads - into accommodation

17:00	Potjie-kos Competition - Briefing	Potjie-kos Competition - Briefing	Potjie-kos Competition - Briefing	Potjie-kos Competition - Briefing
17:30	Potjie-kos competition commences	Potjie-kos competition commences	Potjie-kos competition commences	Potjie-kos competition commences
19:30	Potjie-kos Judging + Supper	Potjie-kos Judging + Supper	Potjie-kos Judging + Supper	Potjie-kos Judging + Supper
20:00	Guest Speaker: Clinton van Rensburg - "SHARE"			
20:30	Night activity - "The amazing Lantern Race" (Fathers & sons)	Night activity - "The amazing Lantern Race" (Fathers & sons)	Night activity - "The amazing Lantern Race" (Fathers & sons)	Night activity - "The amazing Lantern Race" (Fathers & sons)
21:30	Big-screen movie and / or "Bonfire"	Big-screen movie and / or "Bonfire"	Big-screen movie and / or "Bonfire"	Big-screen movie and / or "Bonfire"
23:30	Retire to accommodation	Retire to accommodation	Retire to accommodation	Retire to accommodation
00:01	Lights out	Lights out	Lights out	Lights out

SUNDAY 29 MAR 14:

TIME	U/14 TEAM 39 x Players 17 x Dads	U/15 TEAM 24 x Players 13 x Dads	U/16 TEAM 24 x Players 10 x Dads	U/19 A TEAM 32 x Players 12 x Dads
06:00	Wakey-wakey	Wakey-wakey	Wakey-wakey	Wakey-wakey
06:15	Lite morning run	Lite morning run	Lite morning run	Lite morning run
07:00	Shower / clean-up	Shower / clean-up	Shower / clean-up	Shower / clean-up
08:00	Breakfast	Breakfast	Breakfast	Breakfast
09:00	Morning Briefing			
09:30	Tractor Drive, volley Ball, Zip Line, Kayaking, 2-rope Bridge			
11:30	Guest Speaker: Cwengile Judezweni - "Q & A"			
12:00	Braai (chicken & "Boerewors") Recreational time (fathers with sons) - kayaking, zip line, etc.	Braai (Snoek / Meat) Recreational time (fathers with sons) - kayaking, zip line, etc.	Braai (Snoek / Meat) Recreational time (fathers with sons) - kayaking, zip line, etc.	Braai (Snoek / Meat) Recreational time (fathers with sons) - kayaking, zip line, etc.
13:00	Lunch	Lunch	Lunch	Lunch
14:00 +	Departure	Departure	Departure	Departure