



# RIC Sports Program

## Summer Military Sports Camp

### SCHEDULE



\*subject to change

#### Thursday August 8, 2013- Travel and Welcome

- 10:00-4:00pm Travel and Arrivals  
Shuttle buses from O'Hare International Airport  
Check-in at Hotel, Embassy Suites Chicago Downtown Lakefront, Chicago
- 5:00-7:30pm Welcome Reception with Speaker and Dinner at TBD  
Speaker: Melissa Stockwell, Veteran and Paralympic competitor  
National Anthem: Torran Crawford (Salute Inc contact)
- 7:30-8:30pm Staff and Coaches Meeting (at hotel)  
Free Evening to Explore the City (Self-Guided Tour Maps Provided with suggestions)

#### Friday August 9, 2013- Westinghouse High School, 3223 W Franklin Blvd, Chicago, 60624

- 7:45am Volunteers arrive at Westinghouse HS for set up
- 8:00am Buses load athletes and depart for Westinghouse High School
- 8:45am Athletes arrive at Westinghouse HS
- 9:00am-10:30 Sport Rotations  
Group 1 Swimming  
Group 2 Archery  
Group 3 Wheelchair Basketball/ Judo  
Group 4 Biathlon
- 10:30am-12:00pm Sport Rotations  
Group 4 Swimming  
Group 1 Archery  
Group 2 Wheelchair Basketball/ Judo  
Group 3 Biathlon
- 12:00pm-1:00pm Lunch (catered in)
- 1:00-1:30pm Massages (RIC Massage Therapist & ?)  
15 min Short Talk: TBD
- 1:30-3:00pm Sport Rotations  
Group 3 Swimming  
Group 4 Archery  
Group 3 Wheelchair Basketball/ Judo  
Group 2 Biathlon
- 3:00-4:30pm Sport Rotations  
Group 2 Swimming  
Group 3 Archery  
Group 3 Wheelchair Basketball/ Judo  
Group 1 Biathlon
- 4:30-5:30pm Dinner at Westinghouse HS

5:30pm Athletes Load Buses and Return to Hotel  
6:15pm Arrive at Shoreline Sightseeing- MUST BE ON BOATS BY 6:45  
7:30pm Staff/Coaches Meeting (at hotel - room TBD)

**Saturday August 10, 2013- Westinghouse High School**

7:45am Volunteers arrive at Westinghouse HS for set up  
8:00am Buses load athletes and depart for Westinghouse High School  
8:45am Athletes arrive on site  
9:00am-10:30 Sport Rotations  
Group 1 Roller Hockey  
Group 2 Field  
Group 3 Power Lifting  
Group 4 Tennis  
10:30am-12:00pm Sport Rotations  
Group 4 Roller Hockey  
Group 1 Field  
Group 2 Power Lifting  
Group 3 Tennis  
12:00pm-1:00pm Lunch (catered in)  
1:00-1:30pm Urban Balance (WHF contact)  
Massages: RIC Massage Therapist  
1:30-3:00pm Sport Rotations  
Group 3 Roller Hockey  
Group 4 Field  
Group 1 Power Lifting  
Group 2 Tennis  
3:00-4:30pm Sport Rotations  
Group 2 Roller Hockey  
Group 3 Field  
Group 4 Power Lifting  
Group 1 Tennis  
4:30-5:15pm Dinner at Westinghouse (Catered)  
5:15pm Load Buses for Chicago Fire Game  
6:30pm Arrive @ Chicago Fire (7PM game)  
9:00pm Return to Hotel

**Sunday August 11, 2013- Outdoor Sports at Lincoln Park Boat Club**

7:45am Volunteers arrive on site for set up  
7:45am Buses load at hotel and depart for Lincoln Park Boat Club  
8:45am Athletes arrive on site  
9:00-11:30pm Sport Rotations  
Cycling on the Lakefront (Groups 3&4)  
Rowing and Kayaking (Groups 1&2)  
11:30-12:30pm Lunch (catered)

12:30-3:15pm Sport Rotations  
Cycling on the Lakefront(Groups 1&2)  
Rowing and Kayaking (Groups 3&4)  
3:15pm Return to Hotel and Prepare for Banquet  
6:00-9:00pm Banquet at Haray Caray's (Tent.)

**Venues**

Embassy Suites  
511 N Columbus Dr  
Chicago, IL 60611  
Host Hotel

Westinghouse High School  
3223 West Franklin Boulevard  
Chicago, IL 60624  
Friday and Saturday

Lincoln Park Boat Club  
2341 North Cannon Drive  
Chicago, IL 60614  
Sunday

Harry Caray's  
33 West Kinzie Street  
Chicago, IL  
Sunday Banquet

Shore Line Sight Seeing  
Navy Pier  
Chicago, IL  
Saturday Social

O'Hare International Airport  
Bessie Coleman Drive  
Chicago, IL 60666  
Host Airport





