



## 2019 FTR WEEKEND SCHEDULE

FRIDAY		
Start	End	Activity
4:00pm	6:00	Arrival & Check-In (Ponderosa Dining Hall)
6:00	7:00	Ranch Games (TBD)
7:00	8:00	Dinner (Ponderosa Dining Hall)
8:00	9:30	Session 1 (Lonestar Gym)
9:30	10:00	Huddle Time (follow your coaches)
10:00	11:00	Free Time (stargazing w Richard, games, snacks, gym)
11:00		Lights Out!
SATURDAY		
Start	End	Activity
7:30am		Coffee is Ready! (Ponderosa Dining Hall)
8:30	9:30	Breakfast (Ponderosa Dining Hall)
9:30	11:00	Session 2 (Lonestar Gym)
11:00	11:30	Huddle Time (follow your coaches)
11:30	12:30	Free Time (enjoy the outdoors, hiking, fishing, games, etc.)
12:30pm	1:30	Lunch (Ponderosa Dining Hall)
<b>1:30</b>	<b>5:30</b>	<b>Team Activities (4 rotations - low ropes, horses/zip line, canoes/barn swing, team games)</b>
6:00	7:00	Dinner (Ponderosa Dining Hall)
7:00	8:30	Session 3 (Lonestar Gym)
8:30	9:00	Huddle Time (follow your coaches)
9:00	10:00	Campfire & Eye-to-Eye Time
10:00	11:00	Free Time (stargazing w Richard, games, snacks, gym)
11:00		Lights Out!
SUNDAY		
Start	End	Activity
7:30am		Coffee is Ready! (Ponderosa Dining Hall)
8:30	9:30	Session 4 (Lonestar Gym)
9:30	10:00	Father-Teen Time
10:00	11:00	Brunch & Sharing Time (Ponderosa Dining Hall)
11:00		Head Home