

# SILVA O'CAMP PROGRAM

Date	Day	Morning	Afernoon	Afernoon
9/7	Thu	Arrival Silva camp	Training 1	Welcome meeting
10/7	Fri	Training 2	Training 3	Superpuncher
11/7	Sat	Silva Cup middle	bike/trainig/swim	1. 10mila
12/7	Sun	Silva Cup sprint	Training 4	OB Games
13/7	Mon	Training 5	Vidnava Relay Cup	Trainig 6
14/7	Tue	Silva Cup Long	Vidnava's got talent	Disco
15/7	Wed	Trip	Trip	Vidnava night cup
16/7	Thu	Training 7	Football tournament	2. 10mila
17/7	Fri	Training 8	bikerun	camp fire
18/7	Sat	Training 9	Silva olympic games	Disco
19/7	Sun	Sprint cup competition		

