

Sunday

11am – 1pm: Registration for overnight campers
1:30pm: registration for day campers
2 – 2:30 pm: Team Meeting
2:30 – 3pm: Freestyle video
3pm – 5pm: Practice (freestyle drills)
5:30 – 6:30pm: Dinner Party
6:30 – 7:30pm: “Icebreakers”
7:30 pm: Campus Police talk
9:30 pm: get ready for bed
10 pm: Lights out

Monday

7:30am: Wake up
8:15am: Breakfast
9 – 11am: Practice (freestyle workout/review)
11:15 – 11:45am: Backstroke video
12:10pm: Lunch
2 – 4:00pm: Practice (backstroke drills)
4 – 4:15pm: Starts
4:30pm: Sports Psychology discussions
5:10pm: Dinner
7 – 8:30pm: Evening activity
9:30 pm: get ready for bed
10 pm: Lights out

Tuesday

7:30am: Wake up
8:15am: Breakfast
9 – 11am: Practice (backstroke workout/review)
11:15 – 11:45am: Breaststroke video
12:10pm: Lunch
2 – 4pm: Practice (breaststroke drills)
4 – 4:15pm: Turns
4:30pm: Nutrition discussions
5:10pm: Dinner
7 – 8:30 pm: Evening activity
9:30 pm: get ready for bed
10 pm: Lights out

Wednesday

7:30am: Wake up
8:15am: Breakfast
9 – 11:00am: Practice (breaststroke workout/review)
11:15 – 11:45am: Butterfly video
12:10pm: Lunch
2 – 4pm: Practice (butterfly drills)
4:30pm: Leadership and College Prep discussions
5:10pm: Dinner
7 – 8:30pm: Evening activity
9:30 pm: get ready for bed
10 pm: Lights out

Thursday

7:30am: Wake up
8:15am: Breakfast
9 – 11am: Practice (butterfly workout/review)
11:15am – awards ceremony
11:30am – check out

Coaches cell numbers:

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