

Sunday

11:30am – 12:30pm: Overnight campers check-in
1:30pm: Day campers check-in
2 – 2:30pm: Welcome Meeting
2:30 – 3pm: Freestyle video
3pm – 5pm: Practice (freestyle drills)
5:30pm – Dinner at cafeteria
6:30 – 7:15pm: “Icebreakers”
7:30pm: 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
12:15pm: Lunch
2 – 4:00pm: Practice (backstroke drills)
4 – 4:15pm: Starts
4:30pm: Nutrition discussions
5:30pm: Dinner
7 – 8:30pm: Evening activity
9:30pm: 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
12:15pm: Lunch
2 – 4pm: Practice (breaststroke drills)
4 – 4:15pm: Turns
4:30pm: Mental strength discussions
5:30pm: 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
12:15pm: Lunch
2 – 4pm: Practice (butterfly drills)
4:30pm: Leadership discussions
5:30pm: 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