

## 2023 June Competitive Swim Camp Schedule

Thursday June 22nd

5:00 – 6:00 pm Overnight camper dorm arrival- Pizza and movie night

Friday June 23rd

7:00 am Overnight Camper Wake up and walk to dining hall

7:30 am Overnight campers breakfast in dining hall

8:45 – 9:00 am- COMMUTER check in (table in hallway at top level of aquatics center) and swimmers go immediately onto pool deck bleachers. Parents may sit in stands.

9:00- 9:15 am- Chalk talk in the bleachers

9:20- 11:00 am- Water session

11:00-11:15 am- Change into clothes head to bleachers

11:15-12:00 pm- Walk to dining hall. Lunch at dining hall

12:15-1:15 pm- Down time in team room (movie/swim videos on)

1:45-2:00 pm- Change into swimsuit

2:00-2:15 pm- Chalk talk in the bleachers

2:20-4:00 pm Water session

4:00 pm Daily wrap up and departure of commuter campers

4:00 pm COMMUTER departure

4:00-4:45 pm- Overnight camper downtime in dorms. Walk to dining hall.

5:00 pm- Overnight camper dinner at dining hall

7:00 pm- Overnight camper activity with camp staff

10:00 pm- Lights out

Session 1- Freestyle (video, drills and swimming) / starts (1 hr stroke work/ 45 min for start work)

Session 2- Backstroke (video, drills and swimming) / turns (1 hr stroke work/ 45 min for turn work)

Saturday June 24th

7:00 am Overnight Camper Wake up and walk to dining hall

7:30 am Overnight camper breakfast in dining hall

8:45 – 9:00 am- Commuter Check in (table in hallway at top level of aquatics center) and swimmers go immediately onto pool deck bleachers. Parents may sit in stands

9:00- 9:15 am- Chalk talk in the bleachers

9:20- 11:00 am- Water session

11:00-11:15 am- Change into clothes head to bleachers

11:15-12:00 pm- Walk to dining hall. Lunch at dining hall

12:15-1:15 pm- Down time in team room (movie/swim videos on)

1:45-2:00 pm- Change into swimsuit

2:00-2:15 pm- Chalk talk in the bleachers

2:20-4:00 pm Water session

4:00-4:05 pm Daily wrap up and departure of all campers

Camp Store will open after end of last session

Session 3- Breaststroke (video, drills and swimming) / IM transition (1 hr stroke work/ 45 min for IM work)

Session 4 Butterfly (video, drills and swimming) / mini meet (1 hr stroke work/ 45 min for mini meet)