

Camper's Daily Schedule				
Sessions 1 and 4	Sunday	Monday	Tuesday	Wednesday
7:30am		Breakfast in café	Breakfast in café	Breakfast in café
8:15am		Roll call-sign up for daily activity-go to pool	Roll call-sign up for daily activity-go to pool	Roll call-sign up for daily activity-go to pool
Bus Activity				
8:30am		Stretching on deck - GATORADE TALK	Stretching on deck	Stretching on deck
9:00am		Filming & stroke analysis at the pool	Stroke forum & drills	Filming & stroke analysis at the pool
10:00am			Stroke session	
10:30am		Roll call-go back to dorm	Roll call-go back to dorm	Roll call-go back to dorm
11:00am				
11:15am		Lunch in café	Lunch in café	Lunch in café
12:00noon		Roll call for activity groups (all groups not staying at dorm meet in courtyard)	Roll call for activity groups (all groups not staying at dorm meet in courtyard)	Roll call for activity groups (all groups not staying at dorm meet in courtyard)
12:15pm		Afternoon activity	Afternoon activity	Afternoon activity
1:30pm		Roll call-dorm campers go to pool	Roll call-dorm campers go to pool	Roll call-meet in roll call spots
2:00pm	Check-in, unpack & meet your roommates	Stroke forum & drills	Filming & stroke analysis at the pool	Clean up & pack
3:00pm		Stroke session		Check-out of dorm
3:30pm		Roll call-go back to dorm	Roll call-go back to dorm	
4:00pm	Roll call-meet your group & review rules & schedules			
4:30pm	Dinner in café	Dinner in café	Dinner in café	
5:15pm	Roll call-all groups go to pool	Roll call-all groups go to pool	Roll call-all groups go to pool	
5:30pm	Picture Day at the pool!! Wear your camp shirt	Filming & stroke analysis at the pool	Stroke forum & drills	
5:45pm	Stroke forum & drills			
6:30pm	Stroke session		Stroke session	
7:00pm	Roll call-go back to dorm	Roll call-go back to dorm	Roll call-go back to dorm	
7:30pm				
8:00pm				
8:15pm				
8:30pm	Evening Activity	Evening Activity	Evening Activity	
8:45pm		ICE CREAM SOCIAL	MOVIE NIGHT	
10:00pm	Lights out	Lights out	Lights out	