

## Itinerary

### Day 1

11-1:45 pm Resident Campers Registration  
1-1:45 pm Day Campers Registration  
2 pm Welcome Orientation  
3 pm Training  
5 pm Day Campers depart/dinner  
6 pm Ice Breaker games  
7 pm dryland training  
10 pm lights out!

### Day 2

7 am wake-up  
7:15 breakfast  
8-11:45 (**Day Campers Arrive**) Freestyle Focused meeting/chalk talks/stroke review, Stretching, drills, technique, filming, LC conditioning (3, 75 min sessions)  
11:45 Lunch  
1 pm Special Interest Topic and/or Inspirational Speaker  
2 pm-4:50 starts, turns, break outs, drills, video analysis, discussions, conditioning  
5 pm Day Campers depart/Dinner for resident campers  
6 pm T-shirt tie dye night  
7 pm dryland  
10 pm lights out!

### Day 3

7 am wake-up  
7:15 breakfast  
8-11:45 (**Day Campers Arrive**) Breast stroke focused meeting/chalk talk/stroke review, Stretching, drills, technique, filming, LC conditioning  
11:30 training ends  
11:45 Lunch  
1 pm Depart for beach!  
1:15-2:00 dryland training at the beach  
2:00 Optional Ocean Swim  
3:30 pm turns (breast & fly), break outs, drills, video analysis  
5 pm Day Campers depart/Dinner for resident campers  
6 pm Special Topic Discussion  
7 pm Movie Night  
10 pm lights out!

### Day 4

7 am wake-up  
7:15 breakfast  
8-11:45 (**Day Campers Arrive**) backstroke Focused meeting/chalk talk/stroke review, Stretching, drills, technique, filming, LC conditioning

11:30 training ends

11:45 Lunch

1 pm Special Interest Topic and/or Inspirational Speaker

2 pm-4:45 starts, turns, break outs, drills, video analysis, discussions, conditioning

5 pm Day Campers depart/Dinner for resident campers

6 pm icebreaker games

7 pm dryland

10 pm lights out!

Day 5

7 am wake-up

7:15 breakfast

8-11:45 (**Day Campers Arrive**) butterfly Focused meeting/chalk talk/stroke review,  
Stretching, drills, technique, filming, LC conditioning

11:30 training ends

11:45 Lunch

1 pm Camp Wrap Up

2 pm-4:30 Camp Swim Meet

4:30 Pizza Party

5 pm Camp is over