

TIME	Monday
5:00	Check in and Registration
5:45	Welcome meeting for swimmers and parents
6:00 - 7:00	Pizza Dinner
7:00 - 8:30	Ice Breaker Games
10:00	
TIME	Tuesday
7:00-8:00	Breakfast
8:15 - 9:00	video review on body position and freestyle
9:00 - 10:45	Skills and drills working on balance and freestyle
10:45 - 11:15	Review topic
11:15 - 12:30	Lunch
12:30 - 1:15	Video review on Backstroke
1:15 - 2:45	Skills and drills working on Backstroke
2:45 - 3:15	Review topic
3:30 - 5:30	Team Activity
5:30-6:00	Nutrition Education
6:00 - 7:00	Dinner
7:00 - 9:00	Team Activity
10:00	
TIME	Wednesday
7:00-8:00	Breakfast
8:15 - 8:30	Classroom Session on Training Prep
8:30 - 9:00	Video review on underwater kick
9:00 - 10:45	skills and drills working on underwater kick
10:45 - 11:15	Review topic
11:15 - 12:30	Lunch
12:30-1:15	Video review on Butterfly (breaststroke)
1:15-2:45	Skills and drills working on Butterfly (breaststroke)
2:45-3:15	Review topic
3:30 - 4:45	Team Activity
4:45 - 6:00	Competition Preparation
6:00 - 7:00	Dinner
7:00 - 9:00	Team Activity
10:00	
TIME	Thursday
7:00-8:00	Breakfast
8:15 - 9:00	Video review on Breast/Fly turns
9:00 - 10:45	Skills and drills working on Breast/Fly turns
10:45 - 11:15	Review topic
11:15 - 12:30	Lunch
12:30 - 1:15	Video review on Free/back turns
1:15 - 2:45	Skills and drills working on Free/back turns
2:45 - 3:15	Review topic
3:30 - 4:45	Team Activity
5:00 - 6:00	clean dorms/pack up
6:00 - 7:00	Dinner
7:00 - 9:00	Team Activity
10:00	
TIME	Friday
7:15 - 8:00	Breakfast
8:15 - 9:00	Mental Toughness
9:00 - 10:45	Review, games, relays
10:45 - 11:15	Check out