

WK 1

	location	TIME	DESCRIPTION
PM	TBD	2:30-3:30	Camp Check in
		4:00	Welcome and Code of Conduct
		5:00	workout/dryland
		6:30	Pizza/ Team Building Games
	lights out	10:00	
TUESDAY	TOPIC	TIME	DESCRIPTION
AM		6:30-8:00	Elite Training Session
		7:45-8:30	Breakfast
		8:30-9:30	Video review on Body position and balance
		9:30-11:00	Skills and drills working on balance
PM		11:30-12:30	Lunch and Rest
		12:30-1:00	Nutrition/ race prep talk
		1:00-1:30	Video review on Freestyle
		1:30-2:45	Skills and drills working on freestyle
		3:00-4:00	Downtime
		4:00-5:00	Outside Games
		5:00	dinner/downtime
		7:30	Team Activity/motivational Talk
	Lights out	10:00	
WEDNESDAY	TOPIC	TIME	DESCRIPTION
AM		6:30-8:00	Elite Training Session
		7:45-8:30	Breakfast
		8:30-9:30	Video Review on Backstroke
		9:30-11:00	Skills and drills working on backstroke
PM		11:00-12:30	Lunch and Rest
		12:30-1:30	Video Review on Breaststroke
		1:30-2:45	Skills and drills working on Breaststroke
		3:00-4:00	downtime
		4:00	Outside Games
		5:00	dinner/downtime
		7:00	Team Activity/motivational Talk
	lights out	10:00	
Thursday	TOPIC	TIME	DESCRIPTION
AM		6:30-8:00	Elite Training Session
		7:45-8:30	Breakfast
		8:30-9:30	Video review on Butterfly
		9:30-11:00	Skills and drills working on butterfly
PM		11:00-12:30	Lunch and Rest
		12:30-1:30	video review on turns
		1:30-2:45	skills and drills working on turns
		3:00	downtime
		5:00	Dinner
		6:30	Team Activity/motivational Talk
	lights out	10:00	
FRIDAY	TOPIC	TIME	DESCRIPTION
AM	Holmes	7:15 - 8:00	Breakfast
	butler hancock	8:30-11:00	video review / practice and starts
	butler hancock	11:00	Team Jeopardy and prizes
		12:00	check out