



## **Camp Schedules/Information/What to bring!**

### **SUMMER YOUTH CAMP DAILY SCHEDULE**

<b>TIME</b>	<b>EVENT</b>
8:45 AM	Full & ½ Day Morning Camp Drop-off
9:00 AM	Video Review
9:30 AM	Water Session
11:15 AM	Dryland Session
12:00 PM	Lunch & Free Time
12:45 PM	½ Day Afternoon Drop-off
1:00 PM	Water Session
2:15 PM	Video Review
3:00 PM	X-Factor Activity
4:00 PM	Camp Pick-up

#### **Athletes should come in their bathing suits and bring:**

- caps/goggles
- lunch (full day campers)
- 2 + plus towels
- shorts/shirt/sneakers for dryland/activities
- water bottle (NO glass)

#### **FULL-DAY CAMPS-(Monday-Thursday 9:00 AM-4:00 PM)**

- Each day will have a single, though not exclusive, stroke focus,

- Morning sessions will consist of a stroke model technique video review, a stroke drill focused water practice, followed by a dryland practice, themed differently each day.
- Campers will have a combined 1-hour lunch & free time break. Planned and supervised activities will be offered.
- Afternoon sessions will consist of a videotaped swimming and skill practice session, related to the focus stroke of the day, followed by a review of videotape. The day will wrap up with a fun and safe X-Factor activity.
- Mobile phones will be allowed for photos only, during published photo opportunity moments, indicated on the final camp schedule. No exceptions.
- Campers bring their own lunch each day.
- Snacks will be provided following the afternoon swimming session.

**HALF-DAY CAMPS** (Monday-Thursday 9:00 AM-12:00 PM OR 1:00-4:00 PM)

- Half-day campers will join the full-day campers and follow the same general schedule shown in the description above.