

WASHINGTON STATE

S W I M M I N G

Start & Turn Camp

Friday June 28th

1:30pm	Resident Campers begin checking into Global Scholars Hall 1302 Cougar Way – Pullman, WA – 99163 <i>Park in either the Northside Parking Lot to unload – or the drop zone right outside of the dorm.</i>
2:00pm	Commuter Campers check in at Global Scholars Hall
3:00pm	Team Meeting in Physical Education 136 Classroom
3:15pm to 3:45pm	Classroom Session on Open Turns
3:45pm	Change in locker rooms/snack break
4:00pm to 6:00pm	Practice #1 – Open turns
6:15pm	Dinner in Global Scholars (catered by Chipotle)
7:00pm	Kickball as a group
8:30pm	Return to dorm
9:00pm	Lights out

Saturday June 29th

7:30am	Overnight campers depart for breakfast at Southside
8:30am	Overnight campers return/commuter campers meet at Global Scholars
8:45am to 9:30am	Classroom session on Flip Turns
9:30am to 10:15am	Dryland session outside
10:15am to 10:30am	Change in locker rooms/snack break
10:30am to 12:15pm	Practice in Gibb – Flip Turns
12:15pm to 12:30pm	Change in locker rooms & head to Southside
12:30pm to 1:30pm	Lunch at Southside
2:00pm to 2:45pm	Classroom Session on Forward Starts & Backstroke Starts
2:45pm to 3:00pm	Change in locker rooms/snack break
3:00pm to 5:00pm	Practice in Gibb (Start Focus)
5:00pm to 6:30pm	Dinner at Southside Café
7:00pm to 8:30pm	Games and team activities
9:00pm	Lights out

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Sunday June 30th

7:30am	Overnight campers depart for breakfast at Southside
8:30am	Overnight campers return/commuter campers meet at Global Scholars
8:45am to 9:30am	Classroom session on Freestyle Drills & Videos
9:30am to 10:45am	Pool session on bucket turns and reviewing skills
10:45am	Change in locker rooms into Camp Shirts
11:00am	Team photo at Cougar pride Statue
11:15am to 1:00pm	Check out of Global Scholars Hall
	ALL campers MUST be checked out by 1:00pm at the latest

