

WASHINGTON STATE

S W I M M I N G

Stroke & Training Camp

Sunday June 23rd

12:00pm	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>
1:00pm	Commuter Campers check in at Global Scholars Hall
2:00pm	Team Meeting in Physical Education 136 Classroom
2:15pm to 2:45pm	Classroom Session on Open Turns
3:45pm	Change in locker rooms/snack break
3:00pm to 5:00pm	Practice #1 – Test sets to get into groups and team building games
6:15pm	Dinner in Global Scholars (catered by Chipotle)
7:00pm	Kickball as a group
8:30pm	Return to dorm
9:00pm	Lights out

Monday June 24th

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
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 – Freestyle
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 Octane Free and 3 types of freestyle
2:45pm to 3:00pm	Change in locker rooms/snack break
3:00pm to 5:00pm	Practice in Gibb (Freestyle 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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Tuesday June 25th

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 Backstroke Drills
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 – Backstroke focus
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 Nutrition
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

Wednesday June 26th

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 Butterfly
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 – Butterfly focus
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 Time Management/Mental Health
2:45pm to 3:00pm	Change in locker rooms/snack break
3:00pm to 5:00pm	Practice in Gibb – Butterfly 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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Thursday June 27th

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 Breast drills
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 – Breast focus
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 - High school athletes on College Recruiting Process - Middle school and down on team building activities to take home
2:45pm to 3:00pm	Change in locker rooms/snack break
3:00pm to 5:00pm	Practice in Gibb – Breast focus
5:00pm to 6:30pm	Dinner at Southside Café
7:00pm to 8:30pm	Games and team activities
9:00pm	Lights out

Friday June 28th

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	Campers go and take photo in front of Cougar Pride Statue in camp shirts!
9:30am to 10:45am	Pool session to review skills from the week
10:45am to 11:00am	Change in locker rooms and return to dorms to check out
12:30pm	ALL campers NOT staying for Start & Turn camp MUST be checked out - Resident campers staying for Start & Turn will have lunch catered by Jimmy John's