



ELITE CAMP

WEEKLY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-10am Previous camp check-out	7:30-8:30am Breakfast	7:30-8:30am Breakfast	7:30-8:30am Breakfast	7:30-8:30am Breakfast	7:30-8:30am Breakfast	7:30-8:30am Breakfast
	9-9:45am Classroom Session	9-9:45am Classroom Session	9-9:45am Classroom Session	9-9:45am Classroom Session	9-9:45am Dryland	8:30-10:30am Swim (Team)
	10am-12pm Swim (Pods)	10am-12pm Swim (Pods)	10am-12pm Swim (Pods)	10am-12pm Swim (Pods)	10am-12pm Swim (Pods)	12:30-1:30pm Lunch
	12:30-1:30pm Lunch	12:30-1:30pm Lunch	12:30-1:30pm Lunch	12:30-1:30pm Lunch	12:30-1:30pm Lunch	1-4pm River/Dock
3-5pm Camp Check-In (in Canteen)	12:30-2:30pm Ind. Lessons	12:30-2:30pm Ind. Lessons	12:30-2:30pm Ind. Lessons	12:30-2:30pm Ind. Lessons	3-5pm Swim (Team)	4-5pm Packing
6-7pm Welcome Dinner & Meeting	3:30-4:30pm Grocery Run	3:30-4:30pm Dryland	3-6pm Beach Trip	3:30-4:30pm Dryland	5-6pm Dinner	5-6pm Dinner
	5-6pm Dinner	5-6pm Dinner	7-8pm Dinner	5-6pm Dinner	6:30-9pm Movie Night	6:30-9pm Jumbo Shrimp Baseball Game
7-8:30pm Swim	6:30-8:30pm Swim (Team)	6:30-8:30pm Swim (Team)		6:30-8:30pm Swim (Team)		
9:30-10pm Bed Checks	9:30-10pm Bed Checks	9:30-10pm Bed Checks	9:30-10pm Bed Checks	9:30-10pm Bed Checks	9:30-10pm Bed Checks	10-10:30pm Bed Checks

Please note: This is an example schedule and may be adjusted based on coaching needs, weather, available facilities, or other camp considerations.