

COUGAR SWIM CAMP

WEEK CAMP 1

June 23-28, 2019

SUNDAY 23rd

4:00 PM	Overnight Camp Check-in begins	Northside Dorms Address
5:00 PM	Commuter Campers arrive and Check-in	
5:30 PM	Camp Meeting (everyone needs to be checked in and moved in to the dorms by this point)	
6:30 PM	SWIM ONE: test set to figure groups for the week	
7:30 PM	Dinner	
10:00 PM	Lights out	

MONDAY 24th

7:00 AM	Wake Up	
7:30 AM	Overnighters head to breakfast	
8:15 AM	Commuters Arrive (Same place as Check in)	Northside Dorms
8:30 AM	Classroom Session one: Freestyle	
10:00 AM	Practice One: Freestyle Drill Intro	
12:00 PM	Lunch & Free time	
1:00 PM	Classroom Session two: Nutrition	
2:00 PM	Practice Two: Freestyle Revisit drills and work!	
4:00 PM	Clear Pool	
	Commuter Campers picked up	Gibb Pool
4:15 PM	SNACKS	
4:30 PM	Free Time	
6:00 PM	Dinner	Dining Halls
7:00 PM	Coug Games	Outdoor Track/grass area
8:30 PM	Hang out in dorms	Northside Dorms
10:00 PM	Lights out	

TUESDAY 25th

7:00 AM	Wake Up	
7:30 AM	Overnighters head to breakfast	
8:15 AM	Commuters Arrive (Same place as Check in)	Northside Dorms
8:30 AM	Classroom Session three: Backstroke	
10:00 AM	Practice Three: Backstroke Drill Intro	
12:00 PM	Lunch	
1:00 PM	Classroom Session Four: Strength and Conditioning	
2:00 PM	Practice Four: Backstroke	
4:00 PM	Clear Pool	
	Commuter Campers picked up	Gibb Pool
4:15 PM	SNACKS	
4:30 PM	Free Time	
6:00 PM	Dinner	Dining Halls
7:00 PM	ACTIVITY	
8:30 PM	Hang out in dorms	Northside Dorms
10:00 PM	Lights out	

WEDNESDAY 20th

7:00 AM	Wake Up	
7:30 AM	Overnighters head to breakfast	
8:15 AM	Commuters Arrive (Same place as Check in)	Northside Dorms
8:30 AM	Classroom Session Five: Butterfly	
10:00 AM	Practice Five: Butterfly Drill intro	
12:00 PM	Lunch	
1:00 PM	Classroom Session Six: Underwater kicking	
2:00 PM	Practice Six: butterfly	
4:00 PM	Clear Pool	
	Commuter Campers picked up	Gibb Pool
	Overnighters load bus and head back to campus	
4:15 PM	SNACKS	
6:00 PM	Dinner	
7:00 PM	Movie Night!!	Dorms or Classroom?
8:30 PM	Hang out in dorms	Northside Dorms
10:00 PM	Lights out	

THURSDAY 21st

7:00 AM	Wake Up	
7:30 AM	Overnighters head to breakfast	
8:15 AM	Commuters Arrive (Same place as Check in)	Northside Dorms
8:30 AM	Classroom Session seven: Breaststroke	
10:00 AM	Practice Seven: Breaststroke Drill Intro	
12:00 PM	Lunch	
1:00 PM	Classroom Session Six: Q&A With College Swimmers	
2:00 PM	Practice seven: Breaststroke	
4:00 PM	Clear Pool	
	Commuter Campers picked up	Gibb Pool
4:15 PM	SNACKS	
6:00 PM	Dinner	Dining Halls
7:00 PM	Talent Show	
8:30 PM	Hang out in dorms	Northside Dorms
10:00 PM	Lights out	

FRIDAY 22nd

7:00 AM	Wake Up	
7:30 AM	Overnighters head to breakfast	
8:45 AM	Commuters Arrive	
9:00 AM	Practice 10: RACE DAY	
10:30 AM	Clear Pool	
10:45 AM	CAMP PICTURE	
11:00 AM	Commuters picked up	
	Overnighters head back to campus to check out of dorms!!	Northside Dorms
	Parents to pick up overnighters	
12:30 PM	Checked out!!	

CONTACT INFORMATION

Matt Leach
Bex Freebairn
Russ Whitaker

307-399-6965
812-870-1009
307-677-4014

matt.leach@wsu.edu
bex.freebairn@wsu.edu
russ.whitaker@wsu.edu