

COUGAR SWIM CAMP

STARTS & TURNS

June 21-23, 2019

FRIDAY 21st

- 4:00 PM Overnight Camp Check-in begins
- 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 Drill introduction and demonstrations
- 7:00 PM Practice one: Flip Turns
- 8:00 PM Clear pool
- Commuter Campers picked up
- 8:15-8:30 PM Dinner
- 10:00 PM Lights out

SATURDAY 22nd

- 7:00 AM Wake Up
- 7:30 AM Overnights head to breakfast
- 8:15 AM Commuters Arrive (Same place as Check in)
- 8:30 AM Classroom Session one: Flip turns and Open turns
- Classroom
- 10:00 AM Practice two: Open Turns
- 12:00 PM Lunch delivered to pool
- 1:00 PM Classroom Session two: Starts
- 2:00 PM Practice three: Starts and relay exchanges
- 4:00 PM Clear Pool
- 4:15 PM SNACKS
- 4:30 PM Classroom Session three: Backstroke Starts
- 5:30 PM Commuter Campers picked up
- Northside Dorms
- 6:00 PM Dinner in Dining Halls
- 7:30 PM Coug Games
- 8:30 PM Hang out in dorms
- 10:00 PM Lights out

SUNDAY 23rd

- 7:00 AM Wake Up
- 7:30 AM Overnights head to breakfast
- 8:15 AM Commuters Arrive (Same place as Check in)
- 8:30 AM Load Bus and head to pool for final practice
- 9:00 AM Practice four: Revisit Starts and Intro to back-breast turn
- 10:30 AM Clear Pool: CAMP PICTURE
- 11:00 AM Commuters picked up
- 12:00 PM Check out of dorms, parents pick up overnight campers

