

COUGAR SWIM CAMP 2020

Training Camp - June 29- July 2

This camp is designed to be more intense than the others. It is a training camp aimed at those swimmers who are in the middle of their season, looking to train with other swimmers at the same level as them and gain more of understanding of elite swimming. You will have high class coaching from our current WSU Swimming Coaches as well as help from some of the current student athletes on the team. There are specific speed sessions, power sessions and recovery sessions to maximize the four days of training. We ask that you bring your gear bags (Fins, Paddles, Snorkels, Buoys and Boards) to aid in getting the best out of your training! As this is a harder camp, participants are limited to those with Sectional Time Standards or faster (unless prior approval has been given by the Camp Director)

6/29/2020	Activity	Location
2:00 PM	Overnight Camp Check in begins	Global Scholars Hall, 1555 Cougar Way
2:30 PM	Commuter Campers Check	
3:00 PM	Camp meeting- Everyone Checked in	
3:30 PM	Practice One: Aerobic Work + kicking	Gibb Pool
5:30 PM	Dryland: ABS	
6:15 PM	Commuters Picked Up- Overnights head to dinner	
7:00 PM	Activities in the dorms	Global Scholars Hall
10:00 PM	Light out in Dorms	

6/30/2020	Activity	Location
7:30 AM	Wake up- head to breakfast	Southside Cafe
8:30 AM	Commuters Arrive (Same place as checkin)	Global Scholars Hall
9:00 AM	Practice Two: Power	Gibb Pool
11:00 AM	Classroom Session: Nutrition	
12:00 PM	Lunch and free time (Including Commuters)	Southside Cafe
2:00 PM	Practice Three: Speed + Dryland	Gibb Pool
4:00 PM	Clear pool, Commuters Picked up	
	Free time in dorms before dinner	Global Scholars Hall
5:15 PM	Head to dinner	Southside Cafe
7:00 PM	Activities in the dorms (Movie Night)	Global Scholars Hall
10:00 PM	Lights out	

7/1/2020	Activity	Location
7:30 AM	Wake up- head to breakfast	Southside Cafe
8:30 AM	Commuters Arrive (Same place as checkin)	Global Scholars Hall
9:00 AM	Practice Five: Recovery + Dryland	Gibb Pool
11:00 AM	Classroom Session: Strength and Conditioning	
12:00 PM	Lunch and free time (Including Commuters)	Southside Cafe
2:00 PM	Practice Six: Aerobic IM + kicking	Gibb Pool
4:00 PM	Clear pool, Commuters Picked up	
	Free time in dorms before dinner	Global Scholars Hall
5:15 PM	Head to dinner	Southside Cafe
7:00 PM	Activities in the dorms (Game Night)	Global Scholars Hall
10:00 PM	Lights out	

7/2/2020	Activity	Location
7:30 AM	Wake up- head to breakfast	Southside Cafe
8:30 AM	Commuters Arrive (Same place as checkin)	Global Scholars Hall
9:00 AM	Practice 7: Power	Gibb Pool
11:00 AM	Campus tour/ Q & A with College Athletes	
12:00 PM	Lunch and free time (Including Commuters)	Southside Cafe
2:00 PM	Practice 8: Speed + Dryland	Gibb Pool
4:00 PM	Clear pool team picture , Commuters Picked up	
	Head to dorms to Check out	Global Scholars Hall
5:15 PM	Check out of dorms	

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