

COUGAR SWIM CAMP 2020

Stroke Technique Camp- August 2-6

8/2/2020	Activity	Location
4:00 PM	Overnight Camp Check in begins	Global Scholars Hall, 1555 Cougar Way
5:00 PM	Commuter Campers Check	
5:30 PM	Camp meeting- Everyone Checked in	
6:00 PM	Swim Session One: test set to figure out groups for the week	Gibb Pool
7:00 PM	Commuter Campers Check Out, Overnights dinner delivered	Global Scholars Hall
8:30 PM	Dorm activities	
10:00 PM	Light out in Dorms	

8/3/2020	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	Classroom Session One: Freestyle Drill Intro	
10:00 AM	Practice 1: Freestyle Drill Intro	Gibb Pool
12:00 PM	Lunch and free time (Including Commuters)	Southside Cafe
2:00 PM	Practice 2: Freestyle revisit and work	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	

8/4/2020	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	Classroom Session Two: Backstroke Drill Intro	
10:00 AM	Practice 3: Backstroke Drill Intro	Gibb Pool
12:00 PM	Lunch and free time (Including Commuters)	Southside Cafe
2:00 PM	Practice 4: Backstroke revisit and work	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	

8/5/2020	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	Classroom Session Three: Butterfly Drill Intro	
10:00 AM	Practice 5: Butterfly Drill Intro	Gibb Pool
12:00 PM	Lunch and free time (Including Commuters)	Southside Cafe
2:00 PM	Practice 6: Butterfly revisit and work	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 (Oustide Games)	Global Scholars Hall
10:00 PM	Lights out	

8/6/2020	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	Classroom Session Four: Breaststroke Drill Intro	
10:00 AM	Practice 7: Breaststroke Drill Intro	Gibb Pool
12:00 PM	Lunch and free time (Including Commuters)	Southside Cafe
2:00 PM	Practice 7: Butterfly revisit and work	Gibb Pool
4:00 PM	Clear Pool- Team Picture (Commuters picked up)	
	Head back to dorms and clean up!	Global Scholars Hall
5:30 PM	Check out of Dorms	

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WASHINGTON STATE SWIMMING