



Stroke Camp: June 17-22

Week:4

Start Time: 7:00 AM

Start Time	Sunday 6/24	Monday 6/25	Tuesday 6/26	Wednesday 6/27	Thursday 6/28	Friday 6/29
7:00 AM		Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
7:30 AM		Overnighters head to breakfast	Overnighters head to breakfast	Overnighters head to breakfast	Overnighters head to breakfast	Overnighters head to breakfast
8:00 AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 AM		Commuters arrive: Classroom session	Commuters arrive: Classroom session	Commuters arrive: Classroom session	Commuters arrive: Classroom session	Load Bus Head to Vigo
9:00 AM		Classroom session: Freestyle	Classroom session: backstroke	Classroom Session: Butterfly	Classroom session: Breaststroke	Practice 10: Race Day
9:30 AM		Load Bus and Head to Vigo	Load Bus and Head to Vigo	Load Bus and Head to Vigo	Load Bus and Head to Vigo	Practice 10: Race Day
10:00 AM		Practice 2: Freestyle	Practice 4: Backstroke	Practice 6: Butterfly	Practice 8: Breaststroke	Practice 10: Race Day
10:30 AM		Practice 2: Freestyle	Practice 4: Backstroke	Practice 6: Butterfly	Practice 8: Breaststroke	Clear Pool
11:00 AM		Practice 2: Freestyle	Practice 4: Backstroke	Practice 6: Butterfly	Practice 8: Breaststroke	CAMP PICTURE
11:30 AM		Practice 2: Freestyle	Practice 4: Backstroke	Practice 6: Butterfly	Practice 8: Breaststroke	Check Out
12:00 PM		Lunch	Lunch	Lunch	Lunch	Check Out
12:30 PM		Lunch	Lunch	Lunch	Lunch	SEE YOU NEXT YEAR
1:00 PM		Classroom Session:	Classroom Session:	Classroom Session:	Classroom Session:	
1:30 PM		Classroom Session:	Classroom Session:	Classroom Session:	Classroom Session:	
2:00 PM		Practice 3: Freestyle	Practice 5: Backstroke	Practice 7: Butterfly	Practice 9: Breaststroke	
2:30 PM		Practice 3: Freestyle	Practice 5: Backstroke	Practice 7: Butterfly	Practice 9: Breaststroke	
3:00 PM		Practice 3: Freestyle	Practice 5: Backstroke	Practice 7: Butterfly	Practice 9: Breaststroke	
3:30 PM		Practice 3: Freestyle	Practice 5: Backstroke	Practice 7: Butterfly	Practice 9: Breaststroke	
4:00 PM		Load Bus and Head to Campus	Load Bus and Head to Campus	Load Bus and Head to Campus	Load Bus and Head to Campus	
4:30 PM	Camp Check In on Campus	Snacks	Snacks	Snacks	Snacks	
5:00 PM	Camp Check In			Movie Night		
5:30 PM	Camp Meeting (everyone)	Sycamore Games		Movie Night	Talent Show	
6:00 PM	Load bus and head to Vigo	Sycamore Games		Movie Night	Talent Show	

6:30 PM	Practice 1:	Sycamore Games		Movie Night	Talent Show	
7:00 PM	Practice 1:	Dinner	Dinner	Dinner	Dinner	
7:30 PM	Practice 1:	Dinner	Dinner	Dinner	Dinner	
8:00 PM	Load bus and head to Campus					
8:30 PM	Dinner					
9:00 PM	Dinner					
9:30 PM		Lights Out	Lights Out	Lights Out	Lights Out	
10:00 PM	Lights Out					