



Starts & Turns: June 22-24

Week:3

Start Time: 7:00 AM

Start Time	Friday 6/22	Saturday 6/23	Sunday 6/24
7:00 AM		Wake Up	Wake Up
7:30 AM		Overnighters head to breakfast	Overnighters head to breakfast
8:00 AM		Breakfast	Breakfast
8:30 AM		Commuters arrive: Classroom session	Load Bus and head to Vigo
9:00 AM		Classroom session: Flip turns & open turns	Practice 4: Starts Revisit
9:30 AM		Load Bus and head to Vigo	Practice 4: Bk-Brst Turn
10:00 AM		Practice 2: Open Turns	Practice 4: Bk-Brst Turn
10:30 AM		Practice 2: Open Turns	Practice 4: Bk-Brst Turn
11:00 AM		Practice 2: Open Turns	CAMP PICTURE
11:30 AM		Practice 2: Open Turns	Load Bus and head to Campus
12:00 PM		Lunch	Check Out
12:30 PM		Lunch	SEE YOU NEXT YEAR
1:00 PM		Classroom Session: Start/turn	
1:30 PM		Classroom Session: Start/turn	
2:00 PM		Practice 3: Starts	
2:30 PM		Practice 3: Starts	
3:00 PM		Practice 3: Relay Exchanges	
3:30 PM		Practice 3: Relay Exchanges	
4:00 PM	Camp Check In on Campus	Clear Pool	
4:30 PM	Camp Check In	Load Bus head back to Campus	
5:00 PM	Camp Check In	Snacks	
5:30 PM	Camp Meeting (everyone)	Sycamore Games	
6:00 PM	Load bus and head to Vigo	Sycamore Games	
6:30 PM	Drill intro and Demos: Flip Turns	Sycamore Games	
7:00 PM	Practice 1: Flip Turns	Dinner	
7:30 PM	Practice 1: Flip Turns	Dinner	
8:00 PM	Load bus and head back to Camups	Classroom Session: Starts	
8:30 PM	Dinner	Classroom Session: Starts	
9:00 PM	Dinner		
9:30 PM		Lights Out	
10:00 PM	Lights Out		