

LONGHORNS SWIM CAMP DAILY SCHEDULE

We believe that each camper should be challenged, but also experience a degree of success during the workout periods. To achieve these objectives and to provide for more individualized attention, the camp is divided into four ability groups: Blue, Red, White, and Orange. The entire camp staff will work with each group. Groups are assigned at Sunday night's workout. We ask the campers' 100-yard freestyle time to give us a basis from which to begin assigning a swimmer to a group. **We always make adjustments if warranted, and encourage campers to communicate any concerns to the staff. Please give the assigned group an opportunity on Monday morning. NO CHANGES are made on Sunday evenings.**

SUNDAY

2:00 - 5:00 PM Registration at the Dorm
 4:30 - 5:50 PM Dinner
 5:55 - 6:05 PM Gather for roll call--
 6:30 - 6:45 PM Orientation at pool
 6:45 - 8:15 PM Stroke Session
 9:00 -10:00 PM Resident camper meeting at the Dorm

FRIDAY A.M.

8:55 AM Roll call at the Dorm
(Day campers meet camp at the pool)
 9:30 - 11:30 AM Final pool session and Q&A with head coaches
 11:45 AM Back to the Dorm
(Day campers picked up at the pool)
 12:30 PM Check out begins!

MONDAY - THURSDAY (FRIDAY - ALL campers arrive at pool at 9:30 a.m.)

BLUE

7-7:55 breakfast
 7:55 Roll call -----
 8:30-9:20 dryland
 9:30-11:30 AM training session

RED

7-7:55 breakfast
 8:30-9:20 dryland
 9:30-11:00 AM training session

WHITE

8-8:55 breakfast
 8:55 Roll Call on -----
 9:30-10:20 dryland
 10:30-12:00 AM training session

ORANGE

8-8:55 breakfast
 9:30-10:20 dryland
 10:30-12:00 AM training session

12-12:55 lunch

11:30-12:55 lunch

12:30-1:25 lunch-----

1:30-2:30 stroke session #1-----
 2:30-3:00 video viewing-----

2-2:30 video viewing-----
 2:30-3:30 stroke session #1-----

3:30 -5:00 optional recreational time: planned field trips, activities of choice at Dorm or rest.

5:00-6:25 Dinner-----
 6:25 Roll call on Volleyball court-----

5:00-5:55 Dinner-----
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7-7:15 camper/staff talk -----

6:30-7:15 stroke session #2-----

7:15-7:45 Camp Relays-----

7:45-8:30 stroke session #2-----

7:45-8 camper/staff talk-----

9-10:00 evening social activities-----

10:00 Return to rooms-----

10:15 Lights out!!-----

Friday check out 12:45 to 2:00 PM at Dorm. Please arrange to meet your camper in a designated place on the first floor of the dorm if they are to be picked up. Campers are not allowed to wait outside at street level.

PLEASE BRING THIS SCHEDULE WITH YOU TO CAMP. Schedules also posted on camp floors.