



**2017 SwimMAC Carolina Camp at USNA
Sunday, June 11th thru Friday, June 16th**

Chaperones: TBA

Coaches: Coach Terry, Coach Kathy, Coach Russ, & Coach Max

Camp Host: United States Naval Academy

Cost: \$605.00

Commit Deadline: April 30th

What items should my child bring on trip?

Swim suit(s) –including team suit, towels, goggles, and caps-including team cap

Personal items: light weight towels, soap, shampoo, toothbrush, and toothpaste, Clothes –including dryland , tennis shoes, SwimMAC apparel (shirts, parka,& Jackets,etc) , xtra t-shirts & limited social wear

Other: Sunscreen, water bottle, alarm clock, sleeping bag & 1 blanket, pillow, quarters, activities for bus, as well as playing cards, books, & games.

T-Shirt Order: TBA

Monies: Cash or/ as well a prepaid debit card. (may help keep track of money easier)

SUNDAY, JUNE 11TH

5:45AM: MAC swimmers from Latin arrive at MAC at Latin
6:00AM: Bus leave Latin
6:15AM: MAC swimmers from HFFA will arrive at Afton Ridge Shopping Center
6:30AM: Swimmers will be picked up
3:30-4PM: Arrive at Navy
4ish- Get organized, eat dinner, & team meeting/activities
** will eat lunch during our travels **
4ish - Check-In, Pool Session, & Dinner
9PM- Lights Out

MONDAY, JUNE 12TH THRU THURSDAY, JUNE 15TH

6:30AM Breakfast
7:30-9:30AM Pool Session

10:00-11:00AM	Dryland
11:15-12:15	Free Time
12:15-1PM	Lunch
1:15-2PM	Team Builder
2-3:30PM	Classroom
4:00-6:30	Pool Session
6:45-7:45	Dinner
** A Team Function- like getting ice cream or heading downtown**	
9-9:30PM-	Lights Out

FRIDAY, JUNE 16TH

6:30AM	Breakfast
7:30-9:30AM	Pool Session
10:00-11:00AM	Dryland
11:15-12:15	Free Time
12:15-1PM	Lunch

** Leave after Lunch to head back home. ETA would be around 10pm.