

<i>Elite Camp</i>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	-	-	<u>Saturday</u>	-	-	<u>Sunday</u>
<u>Group 1</u>											
7:45 - 8:45am	breakfast	breakfast	breakfast	breakfast	breakfast			9:00 - 10:00am	skill work in pool		
8:45 - 9:00am	stretch	stretch	stretch	stretch	stretch			10:00am - 1:00pm	brunch	10:00am - 1:00pm	brunch
9:00 - 11:00am	swim	swim	swim	swim	swim			11:45am - 2:00pm	swim	1:00 - 4:30pm	off campus activity
11:15 - 12:00pm	core	core	core	core	free time			2:00 - 5:30pm	free time	5:30pm	camp intro meeting
12:30 - 1:30pm	lunch	lunch	lunch	lunch	lunch			5:30 - 6:30pm	dinner	5:30 - 6:30pm	dinner
1:45 - 2:45pm	store	class	class	class	class			6:30 - 11:00pm	movies	6:30 - 7:30pm	meeting
2:45 - 3:30pm	free time	free time	free time	free time	free time			11:00pm	lights out	8:00 - 10:00pm	free time
3:30 - 4:15pm	free time	free time	free time	swim	free time					10:30pm	lights out
4:15 - 5:30pm	dryland	dryland	dryland	swim	dryland						
5:15 - 6:00pm	free time	free time	free time	free time	free time						
6:00 - 7:00pm	dinner	dinner	dinner	dinner	dinner						
7:15 - 7:30pm	stretch	stretch	stretch	free time	stretch						
7:30 - 9:30pm	swim	swim	swim	off campus activity	swim						
9:30 - 10:30pm	free time	free time	free time	free time	free time						
10:30pm	lights out	lights out	lights out	lights out	lights out						



Elite Camp	Monday	Tuesday	Wednesday	Thursday	Friday	-	-	Saturday	-	-	Sunday
Group 2											
7:45 - 8:45am	breakfast	breakfast	breakfast	breakfast	breakfast			9:00 - 10:00am	skill work in pool		
9:15 - 10:00am	core	core	core	9:00am swim	free time			10:00am - 1:00pm	brunch	10:00am - 1:00pm	brunch
10:45 - 11:00am	stretch	stretch	stretch	swim	stretch			11:45am - 2:00pm	swim	1:00 - 4:30pm	off campus activity
11:00 - 1:00pm	swim	swim	swim	11:15-12:00 core	swim			2:00 - 5:30pm	free time	5:30pm	camp intro meeting
12:30 - 1:30	lunch	lunch	lunch	lunch	lunch			5:30 - 6:30pm	dinner	5:30 - 6:30pm	dinner
1:45 - 2:45pm	store	class	class	class	class			6:30 - 11:00pm	movies	6:30 - 7:30pm	meeting
2:45 - 3:30pm	free time	free time	free time	free time	free time			11:00pm	lights out	8:00 - 10:00pm	free time
3:30 - 4:15pm	free time	free time	free time	swim	free time					10:30pm	lights out
4:15 - 5:30pm	dryland	dryland	dryland	swim	dryland						
5:15 - 6:00pm	free time	free time	free time	free time	free time						
6:00 - 7:00pm	dinner	dinner	dinner	dinner	dinner						
7:15 - 7:30pm	stretch	stretch	stretch	free time	stretch						
7:30 - 9:30pm	practice	practice	practice	off campus activity	practice						
9:30 - 10:30pm	free time	free time	free time	free time	free time						
10:30pm	lights out	lights out	lights out	lights out	lights out						



