2018 Texas Select Camp

Friday, June 15th

5:30pm- Arrive at Austin Aquatics and Sports Academy (AASA)

5513 Southwest Parkway, Austin, TX 78749

6:00-8:00pm- Swim Workout #1

8:00 pm- Dinner at AASA

8:00-9:30 pm- Athletes -Free time at AASA

Coaches – Round table discussion

9:30pm- Depart facility, head back to hotel

10:30pm- Lights out at hotel

Saturday, June 16th

7:00 am- Breakfast at Hotel, head to the Row center by 7:40 am

8:00-9:00am- Paddleboard at Texas Row Center, 1541 West Cesar Chavez, Austin, TX 78703

9-9:30am- Drive to AASA

9:30-11am- Break into 3 groups: 30 min snack break, 30 min mobility, 30 min classroom w Guest

11:00am-1:00pm- Swim Workout #2

1:00-3:30pm- Lunch at AASA, break at hotels

3:30pm- Head back to AASA

4:00-5:00pm- Clinic in water with Athlete

5:00-5:30pm- Snack Break, organize into teams

5:30-6:00pm- Warm up for meet in teams

6:00-8:30pm- Red vs Blue Meet

8:30-9:00pm- Dinner at AASA, head back to hotels

10:30pm- Lights out at hotels

Sunday, June 17th

8:00am- Breakfast at Hotel, head to AASA by 8:40 am

9:00-11:00am- Swim workout #3

11:00am- Lunch at AASA

12:00pm- Head home!