

# UNITED STATES NAVAL ACADEMY



## **TUESDAY 13 June 2023**      **shirt of the day: 2023 issued shirt**

**LATE ARRIVAL:** *tbd*

**EARLY DEPARTURE:** *tbd*

TIME	PLACE	EVENT / TO DO	LEADER	NOTES
1200	Registration	Stadium / Bancroft Hall		
1415/20	Introduction I / meet groups /issue caps		BR	
1445-1700	Pool I: Backstroke I (ST 1-3, 5) Video (ST 8-10, 12) Starts & Turns (ST 4, 6-7)		DR & JT ML JT & DR	
1730	Camp photo Seal Team meetings	Tecumseh Court various locations	All: WEAR CAMP SHIRT &	
1800	dinner	King	All	
1845	Camp meeting / introduction part II		BM	
1900-2015	Pool II: Backstroke II	Lejeune Hall		
2015	Day Camper pick up	Lejeune Desk	TBD	
2030	Seal Team activity/meeting			
2200	Lights out			

*“You’re off to great places! Today is your day! Your mountain is waiting, So get on your way!”* Dr. Seuss

# UNITED STATES NAVAL ACADEMY



**WEDNESDAY 14 June 2023**

**SPIRIT: *home team/school shirt***

*Alternate pick/drop off: TBD*

0600	Training Session	Lejeune	TBD + coaches
	<i>*Available to resident campers only. Not part of the Day/Extended day camp day.</i>		
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Desk - Lejeune	C. Grudowski & TBD
0815	STATIONS (2):		
	1. Speaker	Lejeune classroom	Guest Speaker + coaches
	2. Dryland	Wesley Brown Fieldhouse	TBD + team coaches
	Groups will rotate at 0855 to begin at 0900 (quick transition)		
0945	AM Stations end / move to pool		
0950	Pool III: Freestyle I	Lejeune Hall	DR & DD
1145	end Freestyle I		BM & coaches
1145	Pool III ends (keep all in water until 1145)		
1200	Lunch	King Hall	
1240/45	Rest / Relaxation	Bancroft Hall	
1315/30	Seal Team meetings	various locations	
1400	Pool IV: Stations (3)	Lejeune Hall	
	1. Freestyle II	LJ	(ST 4, 6, 7)
	2. Video review+ group coaching	LJ	(ST 1-3,5)
	3. Starts/Turns	LJ	(ST 8-12)
	(40 minute stations / 5:00 for break/rotation / stay on schedule)		
	<i>*Seal Team starting location remains tentative each day</i>		
1615/30	Day Camper Pick up	LJ Scorers Desk	C. Grudowski & TBD
1630	Group Activities ( <i>will vary by day.</i> )		Resident & Extended Day
1800	Dinner		
1900	PM Activity:	Terwilliger	Extended Day/Residents
2015	Extended Day Campers pick-up		C. Grudowski & TBD
	Seal Team activity		
2100	Quiet Time	Bancroft	
2200	Lights Out		

***“What would life be if we had no courage to attempt anything?”  
Vincent Van Gogh***



## **THURSDAY 15 June 2023**      **SPIRIT: *tie dye/crazy themed shirt***

Alternate pick/drop off: TBD

0600	Training Session	Lejeune	TBD + 1-2 Coaches
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Lejeune Desk	C. Grudowski/ TBD
0815	STATIONS (2):	1: ST 1-6 -classroom, 2: 7-12 -dryland 1st	
	1. Speaker	Lejeune classroom	LAM + team coaches
	2. Dryland	Halsey FH	TBD + team coaches
	Groups will rotate at 0855 to begin at 0900 (quick transition.)		
0945	AM Stations end / move to pool		
0950	Pool V: Breaststroke I	Lejeune Hall	GK & DR
1145	end Breaststroke I		BM & coaches
1145	Pool V ends (keep all in water until 1140)		
1200	Lunch	King Hall	
1245	Rest / Relaxation	Bancroft Hall	
1330	Seal Team meetings	various locations	
1400	Pool VI: Stations (3)	Lejeune Hall	
	1. Breaststroke II	LJ far end (7-12)	Coach Kennedy/Rothenberger
	2. Video review+ ST	LJ (ST 1-3,5)	TBD
	3. Starts/Turns	LJ (ST 4, 6-7)	Coach Rothenberger/Kennedy
	(45:00: 40 minute stations / 5:00 for rotation / stay on schedule)		
	<i>*Seal Team starting location remains tentative each day</i>		
1615/30	Group Activities		Resident & Extended Day
	Day Camper Pick up	LJ Scorers Desk	C. Grudowski / TBD
1800	Dinner		
1900	Evening Activity: Guest Speaker		
2015	Extended Day Campers pick-up		C. Grudowski / TBD
	Evening Activity	Resident campers	
2100	Quiet Time	Bancroft	
2145	Coaches Meeting		
2200	Lights Out		

***“Life is a progress, and not a station.” Ralph Waldo Emerson***

# UNITED STATES NAVAL ACADEMY



## **FRIDAY 16 June 2023** **SPIRIT: *music shirt***

Alternate pick/drop off:

1615: *tbd*      2100: *yes*

0600	Training Session	Lejeune	TBD + 1 Coach
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Desk	C. Grudowski & TBD
0815	STATIONS (2):	1: ST 1-5 -classroom, 2: 6-9 -dryland 1st	
	1. Speaker	LJ classroom	BR + all coaches
	2. Dryland	Halsey FH	TBD + all coaches
0940	AM Stations end / move to pool		
0950/55	Pool VII: Butterfly	Lejeune Hall	Coaches Beardsley & Upman
1145	end Butterfly I		BM & coaches
1145	Pool III ends (keep all in water until 1145)		
1200	Lunch	King Hall	
1240/45	Rest / Relaxation	Bancroft Hall	
1330	Seal Team meetings	various locations	
1400	Pool VIII: Stations (3) Lejeune Hall		
	1. Butterfly II	LJ far end(7-10)	Coaches Beardsley & Upman
	2. Video review+ ST	LJ (ST 1-6)	TBD
	3. Starts/Turns	LJ (ST 11-14)	Coaches TBD & Beardsley
	(45: 40:00 minute stations / 5:00 for rotation / stay on schedule)		
1615/30	Day Camper Pick up	LJ Scorers Desk	C. Grudowski & TBD
	Group Activity: Severn River boat cruise		Extended Day & Resident
1800	Dinner		
1900	Guest Speaker	Terwilliger	Extended Day & Resident
<b>2100</b>	Extended Day Campers pick-up		C. Grudowski & TBD
2200	Lights Out		

***“Challenges are gifts that force us to search for a new center of gravity. Don’t fight them. Just find a new way to stand.”***  
***— Oprah Winfrey***

# UNITED STATES NAVAL ACADEMY



**SATURDAY**      **17 June 2023**      **SPIRIT: *blue or gold shirt***

	<b>Alternate pick/drop off: yes</b>		
0600	Training Session	Lejeune	TBD + coaches
0715	Wake up		
0730	Breakfast	King Hall	
0815	Room Inspection	Bancroft	
	<i>Have stuff ready to be packed. Bring to pool.</i>		
0855	Day / Extended day campers arrive (note time change) Graduation review / Camp meeting		
0915	Begin Pool sessions		
1015/20	Navy Swimming Camp: Blue & Gold Demonstration		
1140	Graduation		
1200	Camp Dismissal / Airport Crew to BWI		
<b>1230</b>	<b>Lunch for repeat campers / coaches</b>		
1330	registration: Clinics		BR / TBD + staff on duty
1400	Clinics begin	Lejeune	Hutchinson/Liscinsky/Roberts
1800	Dinner	King Hall	staff
1845	PM Activity (repeat campers)		TBD + staff
2200	Lights Outs (repeat campers)		

***“Have the courage to follow your heart and intuition. They somehow know what you truly want to become.”***

***Steve Jobs***