

UNITED STATES NAVAL ACADEMY



MONDAY 18 June 2018: 2018 camp issued shirt+ bucket hat

Camper BIRTHDAY: Elise Shore

LATE ARRIVAL: none

| TIME | PLACE | EVENT / TO DO | LEADER | NOTES |
|-----------|---|--|-------------------------------------|-----------------|
| 1200 | Registration 1420 | Stadium / Bancroft Hall TF Introduction I / meet groups /issue caps | | see notes BR |
| 1445-1700 | Pool I: Freestyle I (ST 6-8, 10) 40:00on /5:00 rotate Video (ST 1-5) Starts & Turns (9-12, 14, 16) | | Coach Paul Waas & David Upman ML | |
| 1730 | Camp photo & Seal Team meetings | Tecumseh Court various locations | All: WEAR CAMP SHIRT | |
| 1800 | dinner | King | All | |
| 1845 | Camp meeting / introduction | | ML | |
| 1900-2015 | Pool II: Freestyle II ST: 1-6, 8 (lanes 1-5), ST 7, 9-16 (lanes 6-10) | Lejeune Hall | | |
| 2015 | Day Camper pick up | Lejeune Desk | Barbara & Hunter Rieseberg | |
| 2030 | Seal Team activity/meeting | | | |
| 2200 | Lights out | | | |

TUESDAY 19 June 2018: home team/school shirt

Camper BIRTHDAY: n/a

Alternate pick/drop off:

| | | | | |
|---------|--|---|-------------------------|--|
| 0600 | Training Session | Lejeune | ML + coaches | |
| 0715 | Wake up | | | |
| 0730 | Breakfast | King Hall | | |
| 0810 | Meet Day Campers | Desk - Lejeune | BR & HR | |
| 0815 | STATIONS (2): | 1: ST 1-6, 8 -classroom, 2: 9-16 -dryland 1st | | |
| | 1. Speaker | Wesley Brown | Guest Speaker + coaches | |
| | 2. Dryland | Wesley Brown | ML + team coaches | |
| | Groups will rotate at 0855 to begin at 0900 (quick transition) | | | |
| 0945 | AM Stations end / move to pool... | | | |
| 0950 | Pool III: Backstroke I | Lejeune Hall | Coach Kennedy & Hinds | |
| 1115 | end Backstroke I / Begin Evals | | ML & coaches | |
| | Switch from Stroke lanes to group lanes | | | |
| 1140 | Pool III ends (keep all in water until 1140/45) | | | |
| 1200 | Lunch | King Hall | | |
| 1230 | Rest / Relaxation | Bancroft Hall | | |
| 1315/30 | Seal Team meetings | various locations | | |
| 1400 | Pool IV: Stations (3) | Lejeune Hall | | |
| | 1. Backstroke II | | (ST 9-16) | |
| | 2. Video review+ group coaching | LJ | (ST 1-5) | |
| | 3. Starts/Turns | LJ | (ST 6-8, 10) | |

UNITED STATES NAVAL ACADEMY



TUESDAY 19 June 2018: continued

(40 minute stations / 5:00 for rotation / stay on schedule)

| | | | |
|------|---|-----------------|------------------------|
| 1630 | Group Activities (<i>will vary by day.</i>) | | |
| | Day Camper Pick up | LJ Scorers Desk | BR & HR |
| 1800 | Dinner | | |
| 1900 | PM Activity: | Wesley Brown | Extended Day/Residents |
| 2015 | Extended Day Campers pick-up | | BR & HR |
| 2100 | Quiet Time | Bancroft | |
| 2200 | Lights Out | | |

WEDNESDAY 20 June 2018: national colors shirt

Camper Birthday: n/a

Alternate pick/drop off:

| | | | |
|---------|--|---|-------------------------------------|
| 0600 | Training Session | Lejeune | ML + 1-2 Coaches |
| 0715 | Wake up | | |
| 0730 | Breakfast | King Hall | |
| 0810 | Meet Day Campers | Lejeune Desk | BR & HR |
| 0815 | STATIONS (2): | 1: ST 1-6, 8 -classroom, 2: 9-16 -dryland 1st | |
| | 1. Speaker | Wesley Brown | BR + team coaches |
| | 2. Dryland | Wesley Brown | ML + team coaches |
| | Groups will rotate at 0855 to begin at 0900 (quick transition.) | | |
| 0945 | AM Stations end / move to pool | | |
| 0950/55 | Pool V: Breaststroke I | Lejeune Hall | Coaches Bill Roberts & Paul Waas |
| 1115 | end Breaststroke I / Begin Evals | | ML & All |
| | Switch from Stroke lanes to group lanes | | |
| 1140 | Pool V ends | | |
| 1200 | Lunch | King Hall | |
| 1230 | Rest / Relaxation | Bancroft Hall | |
| 1330 | Seal Team meetings | various locations | |
| 1400 | Pool VI: Stations (3) | Lejeune Hall | |
| | 1. Breaststroke II | LJ far end(9-16) | Coach Roberts / Waas |
| | 2. Video review+ ST | LJ (ST 1-5) | ML |
| | 3. Starts/Turns | LJ (ST 6-8, 10) | Coach Waas / Roberts |
| | (45:00: 40 minute stations / 5:00 for rotation / stay on schedule) | | |
| 1615 | Group Activities | | TBD |
| | Day Camper Pick up | LJ Scorers Desk | BR & HR |
| 1800 | Dinner | | |
| 1900 | Evening Activity: Guest Speaker | | Wesley Brown classroom |
| | Lejeune Hall | All | |
| 2015 | Extended Day Campers pick-up | | BR & HR |
| | Evening Activity | Resident campers | |
| 2100 | Quiet Time | Bancroft | |
| 2145 | Coaches Meeting | | |
| 2200 | Lights Out | | |

UNITED STATES NAVAL ACADEMY



THURSDAY 21 June 2018: music shirt

Camper BIRTHDAY: n/a

Alternate pick/drop off:

| | | | |
|-------------|--|-------------------|--|
| 0600 | Training Session | Lejeune | ML + 1 Coach |
| 0715 | Wake up | | |
| 0730 | Breakfast | King Hall | |
| 0810 | Meet Day Campers | Desk | BR & HR |
| 0815 | STATIONS (2): 1: ST 1-6, 8 -classroom, 2: 9-16 -dryland 1st | | |
| | 1. Speaker-ALL | Wesley Brown | BR + all coaches |
| | 2. Dryland-ALL | Wesley Brown | ML + all coaches |
| 0940 | AM Stations end / move to pool | | |
| 0950/55 | Pool VII: Butterfly | Lejeune Hall | Coach Jacqueline Michalski & Mark Liscinsky |
| 1115 | end Butterfly I / Begin Evals | All | |
| | Switch from Stroke lanes to group lanes | | |
| 1135 | Pool III ends (keep all in water until 1135) | | |
| 1200 | Lunch | King Hall | |
| 1230 | Rest / Relaxation | Bancroft Hall | |
| 1300 | Seal Team meetings various locations | | |
| 1400 | Pool VIII: Stations (3)Lejeune Hall | | |
| | 1. Butterfly II | LJ far end(9-16) | Coach Liscinsky/Michalski |
| | 2. Video review+ ST | LJ (ST 1-5) | ML |
| | 3. Starts/Turns | LJ (ST 6-8, 10) | Coach Michalski/Liscinsky |
| | (45: 41:00 minute stations / 4:00 for rotation / stay on schedule) | | |
| 1615 | Day Camper Pick up | LJ Scorers Desk | BR & HR |
| 1630 | Group Activities | | All |
| 1800 | Dinner | | |
| 1900 | Guest Speaker | Lejeune classroom | |
| 2100 | Extended Day Campers pick-up | | BR & HR |
| 2200 | Lights Out | | |

UNITED STATES NAVAL ACADEMY



FRIDAY **22 June 2018: *blue or gold shirt***

Camper BIRTHDAY: n/a

Alternate pick/drop off:

| | | | |
|---------|--|-----------|--------------|
| 0600 | Training Session | Lejeune | ML + coaches |
| 0715 | Wake up | | |
| 0730 | Breakfast | King Hall | |
| 0815 | Room Inspection | Bancroft | |
| 0845 | 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 | | |

Lunch on own

