

UNITED STATES NAVAL ACADEMY



TUESDAY 11 June 2019: shirt of the day: 2019 issued shirt

Camper BIRTHDAY: n/a

LATE ARRIVAL:

TIME	PLACE	EVENT / TO DO	LEADER	NOTES
0745	staff breakfast	King Hall	ML	
0830	Camp staff meeting	LJ classroom	All	
1000	Registration Set up	Bancroft Hall	All	
1015	Depart for BWI		ML	
1200	Registration	Stadium / Bancroft Hall	TF	
1420	Introduction I / meet groups /issue caps		BR	
1445-1700	Pool I: Backstroke I (ST 11-14)		Coaches Upman & Rothenberger	
	Video (ST 1-6)		ML	
	Starts & Turns (ST 7-10)			
1730	Camp photo & Seal Team meetings	Tecumseh Court various locations	All: WEAR CAMP SHIRT	
1800	dinner	King	All	
1845	Camp meeting / introduction part II		ML	
			SHIRTS: D2-home team, D3-military, D4-Music, D5-Blue OR Gold	
1900-2015	Pool II: Backstroke II Lejeune Hall			
	ST: 1-9 (lanes 1-5), ST 9-14 (lanes 6-10 + well when available)			
2015	Day Camper pick up	Lejeune Desk	Team Grudowski	
2030	Seal Team activity/meeting			
2200	Lights out			

WEDNESDAY 12 June 2019: 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	Team Grudowski	
0815	STATIONS (2):	1: ST 1-8 -classroom, 2: 9-14 -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: Freestyle I	Lejeune Hall	Coaches Hinds & Rothenberger	
1140	end Freestyle I		ML & coaches	
1140	Pool III ends (keep all in water until 1140)			
1200	Lunch	King Hall		
1230	Rest / Relaxation	Bancroft Hall		
1315/30	Seal Team meetings	various locations		

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WEDNESDAY 12 June 2019: home team/school shirt - continued

1400	Pool IV: Stations (3) Lejeune Hall		
	1. Freestyle II	LJ	(ST 7-10)
	2. Video review+ group coaching	LJ	(ST 1-6)
	3. Starts/Turns	LJ	(ST 11-14)
	(40 minute stations / 5:00 for rotation / stay on schedule)		
1615/30	Day Camper Pick up	LJ Scorers Desk	Team Grudowski
1630	Group Activities (<i>will vary by day.</i>)		
1800	Dinner		
1900	PM Activity:	Wesley Brown	Extended Day/Residents
2030	Extended Day Campers pick-up		Team Grudowski
2100	Quiet Time	Bancroft	
2200	Lights Out		

THURSDAY 13 June 2019: military themed shirt

Camper Birthday: Michael Steves (9)

Alternate pick/drop off:

0600	Training Session	Lejeune	ML + 1-2 Coaches
0715	Wake up		
0730	Breakfast	King Hall	
0815	Three Star clinic	Lejeune	Misty Hyman, David Upman
0810	Meet Day Campers	Lejeune Desk	Team Grudowski
0815	STATIONS (2):	1: ST 1-8 -classroom, 2: 9-14 -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	Pool III: Butterfly I	Lejeune Hall	Coaches Liscinsky & Rothenberger
1140	end Butterfly I		ML & coaches
1140	Pool III ends (keep all in water until 1140)		
1200	Lunch	King Hall	
1230	Rest / Relaxation	Bancroft Hall	
1330	Seal Team meetings	various locations	
1400	Pool VI: Stations (3)	Lejeune Hall	
	1. Butterfly II	LJ far end (7-10)	Coach Liscinsky/Rothenberger
	2. Video review+ ST	LJ (ST 1-6)	ML
	3. Starts/Turns	LJ (ST 11-14)	Coach Liscinsky/Rothenberger
	(45:00: 40 minute stations / 5:00 for rotation / stay on schedule)		

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THURSDAY 13 June 2019: *military themed shirt* continued

1615/30	Group Activities		LS & BS
	Day Camper Pick up	LJ Scorers Desk	Team Grudowski
1800	Dinner		
1900	Evening Activity: Guest Speaker		TBD
	Location-TBD	All	
2015	Extended Day Campers pick-up		Team Grudowski
	Evening Activity	Resident campers	
2100	Quiet Time	Bancroft	
2145	Coaches Meeting		
2200	Lights Out		

FRIDAY 14 June 2019: *music shirt*

Camper Birthday: n/a

0600	Training Session	Lejeune	ML + 1 Coach
0715	Wake up		
0730	Breakfast	King Hall	
0815	Three Star clinic	Lejeune	Coach Upman
0810	Meet Day Campers	Desk	Team Grudowski
0815	STATIONS (2):	1: ST 1-8 -classroom, 2: 9-14 -dryland 1st	
	1. Speaker	Wesley Brown	BR + all coaches
	2. Dryland	Wesley Brown	ML + all coaches
0940	AM Stations end / move to pool		
0950/55	Pool VII: Breaststroke	Lejeune Hall	Coaches Upman & Waas
1140	end Freestyle I		ML & coaches
1140	Pool III ends (keep all in water until 1140)		
1200	Lunch	King Hall	
1230	Rest / Relaxation	Bancroft Hall	
1300	Seal Team meetings	various locations	
1400	Pool VIII: Stations (3)	Lejeune Hall	
	1. Breaststroke II	LJ far end(7-10)	Coaches
	Rothernberger/Waas		
	2. Video review+ ST	LJ (ST 1-6)	ML
	3. Starts/Turns	LJ (ST 11-14)	Coaches Upman & Waas
	(45: 41:00 minute stations / 4:00 for rotation / stay on schedule)		
1615/30	Day Camper Pick up	LJ Scorers Desk	Team Grudowski
	Group Activities		All
1800	Dinner		
1900	Guest Speaker	Lejeune classroom	
2100	Extended Day Campers pick-up		Team Grudowski
2200	Lights Out		



SATURDAY 15 June 2019: 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

Have stuff ready to be packed AND leave in rooms

0845 Day / Extended day campers arrive (note time change)

Graduation review / Camp meeting

Confirm; Ironcampers, Repeat Campers, Airport needs.

Cheer: Led by a coach on the bench

“Thank you, Gold: Go Navy! Blue: Beat Army!”

0915 Begin Pool sessions

1015/20 Navy Swimming Camp: Blue & Gold Demonstration

1140 Graduation

1200 Camp Dismissal / Airport Crew to BWI

1230 Lunch for repeat campers / coaches

1330 registration: Clinics BR / TBD + staff on duty

1400 Clinics begin Lejeune Hutchinson/Liscinsky/Havriluk

1800 Dinner King Hall staff

1845 PM Activity (repeat campers) ML + staff

2200 Lights Outs (repeat campers)