

UNITED STATES NAVAL ACADEMY



MONDAY 17 June 2024: shirt of the day: 2024 issued shirt

TIME	PLACE	EVENT / TO DO	LEADER	NOTES
	0800	staff breakfast	King Hall	BM
	0900	Camp staff meeting	LJ classroom	All
1015	Registration Set up	Bancroft Hall	All	
1030	Depart for BWI		BG & MV	
1200	Registration	Stadium / Bancroft Hall		
1415/20	Introduction I / meet groups /issue caps		BR	
1445-1700	Pool I: Backstroke I (ST 1-4) Video (ST 9-12) Starts & Turns (ST 5-8)		Coaches Rothenberger & Upman Jake Douberly + TBD Coaches Upman & Rothenberger	
	1730	Camp photo SHIRT & Seal Team meetings	Tamanend Court various locations	All: WEAR CAMP
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

TUESDAY 18 June 2024: SPIRIT: home team/school shirt

0600	Training Session	Lejeune	Joe Turner + coaches
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Desk - Lejeune	C. Grudowski & TBD
0815	STATIONS (2): 1. Speaker 2. Dryland Groups will rotate at 0855 to begin at 0900 (quick transition)	1: Grades 9-12 -classroom, 2: 8th grade & below -dryland 1st Lejeune classroom Wesley Brown Fieldhouse	Guest Speaker + coaches CC/JT + coaches
0940/45	AM Stations end / move to pool...		
1000	Pool III: Freestyle I	Lejeune Hall	Coaches Jungbluth & Turner
1145	end Freestyle I		KG & coaches
1145	Pool III ends (keep all in water until 1145)		

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TUESDAY 18 June 2024 *continued* SPIRIT: *home team/school shirt*

1200	Lunch	King Hall	
1240	Rest / Relaxation	Bancroft Hall	
1315/30	Seal Team meetings	various locations	
1400	Pool IV: Stations (3)	Lejeune Hall	
	1. Freestyle II	LJ	(ST 1-4)
	2. Video review+ group coaching	LJ	(ST 9-12)
	3. Starts/Turns	LJ	(ST 5-8)
	(40 minute stations / 5:00 for break/rotation / stay on schedule)		
1615/30	Day Camper Pick up	LJ Scorers Desk	C. Grudowski & TBD
1630	Group Activities	<i>(will vary by day.)</i>	
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

WEDNESDAY 19 June 2024 SPIRIT: *Going to the beach*

0600	Training Session	Lejeune	Joe Tuner + 1-2 Coaches
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Lejeune Desk	Camryn Grdowski & TBDi
0815	STATIONS (2):	1: Grades 9-12 -classroom, 2: 8th grade & below -dryland 1st	
	1. Speaker	Lejeune classroom	TF + team coaches
	2. Dryland	Halsey FH	CC/JT + 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 Kennedy & Rothenberger
	1145 end Butterfly I		KG & coaches
	1145 Pool III ends	(keep all in water until 1145)	
1200	Lunch	King Hall	

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WEDNESDAY 19 June 2024 *continued* SPIRIT: *Going to the beach*

1230	Rest / Relaxation	Bancroft Hall	
1330	Seal Team meetings	various locations	
1400	Pool VI: Stations (3)	Lejeune Hall	
	1. Butterfly II	LJ far end (1-4)	Coaches Rothenberger / Kennedy
	2. Video review+	ST LJ (ST 9-12)	Coach Roberts / TBD
	3. Starts/Turns	LJ (ST 5-8)	Coaches Kennedy / Rothenberger
	(45:00: 40 minute stations / 5:00 for rotation / stay on schedule)		
1615/30	Group Activities		TBD
	Day Camper Pick up	LJ Scorers Desk	C. Grudowski & TBD
1800	Dinner		
1900	Evening Activity: Guest Speaker		TBD
	Location-TBD	All	
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

THURSDAY 20 June 2024

SPIRIT: *music shirt*

0600	Training Session	Lejeune	Joe Turner + 1 Coach
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Desk	C. Grudowski & TBD
0815	STATIONS (2):	1: Grades 9-12 -classroom, 2: 8th grade & below -dryland 1st	
	1. Speaker	LJ classroom	BR + all coaches
	2. Dryland	Halsey FH	CC/JT + all coaches
0940	AM Stations end / move to pool		
0950/55	Pool VII: Breaststroke	Lejeune Hall	Coaches Ellis & Upman
1145	end Breaststroke I		KG & coaches
1145	Pool III ends (keep all in water until 1140)		
1200	Lunch	King Hall	
1230	Rest / Relaxation	Bancroft Hall	
1300	Seal Team meetings	various locations	

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THURSDAY 20 June 2024 *continued*

SPIRIT: *music shirt*

1400	Pool VIII: Stations (3) Lejeune Hall	
	1. Breaststroke II LJ far end (1-4)	Coaches Ellis & Upman
	2. Video review+ ST LJ (ST 9-12)	Coach Bill Roberts / TBD
	3. Starts/Turns LJ (ST 5-8)	Coaches Upman & Ellis
	(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:	Extended Day & Resident
1800	Dinner	
1900	Guest Speaker Lejeune classroom	
2100	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***

FRIDAY 21 June 2024

SPIRIT: *blue or gold shirt*

0600	Training Session	Lejeune	TBD + 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: stations		
1015/20	Navy Swimming Camp: Blue & Gold Demonstration		
1140	Graduation		
1200	Camp Dismissal / Airport Crew to BWI		

Thank you for joining up in 2024. Have a great rest of your summer!