

# UNITED STATES NAVAL ACADEMY



## **TUESDAY 10 June 2025: shirt of the day: 2025 issued shirt**

TIME	PLACE	EVENT / TO DO	LEADER	NOTES
1200	Registration	Stadium / Bancroft Hall		
1420	Introduction I / meet groups /issue caps		BR	
1445-1700	Pool I: Backstroke I	(ST 1-4)	Coaches Brown & Rothenberger	
	Video	(ST 10-13)	Mark Liscinsky + Jim Roos	
	Starts & Turns	(ST 5-9)	Coaches Rothenberger & Brown	
1730	Camp photo	T-Court	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 11 June 2025:** ***SPIRIT: home team/school shirt***

0600	Training Session	Lejeune	TBD + coaches
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Desk - Lejeune	TBD
0815	STATIONS (2):	1: Grades 9-12 -classroom, 2: 8th grade & below -dryland 1st	
	1. Speaker	WB classroom	BM + team coaches
	2. Dryland	WB track	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	Coaches Roberts & Rothenberger
1145	end Freestyle I		BM & coaches
1145	Pool III ends (keep all in water until 1145)		
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 10-13)
	3. Starts/Turns	LJ	(ST 5-9)
	(40 minute stations / 5:00 for break/rotation / stay on schedule)		
1615/30	Day Camper Pick up	LJ Scorers Desk	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		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***

# UNITED STATES NAVAL ACADEMY



## **THURSDAY 12 June 2025**

## **SPIRIT: *Going to the beach***

0600	Training Session	Lejeune	TBD + 1-2 Coaches
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Lejeune Desk	
0815	STATIONS (2):	1: Grades 9-12 -classroom, 2: 8th grade & below -dryland 1st	
	1. Speaker	WB classroom	BM + team coaches
	2. Dryland	WB track	TBD + team coaches
	Groups will rotate at 0855 to begin at 0900 (quick transition.)		
0945	AM Stations end / move to pool		
0950	Pool III: Breaststroke I	Lejeune Hall	Coaches Liscinsky & Rothenberger
1145	end Breaststroke I		BM & coaches
1145	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. Breaststroke II	LJ far end (1-4)	Coach Liscinsky/Rothenberger
	2. Video review+ ST	LJ (ST 10-13)	Coach Roberts & TBD
	3. Starts/Turns	LJ (ST 5-9)	Coach Rothenberger/Liscinsky
	(45:00: 40 minute stations / 5:00 for rotation / stay on schedule)		
1615/30	Group Activities		TBD
	Day Camper Pick up	LJ Scorers Desk	TBD
1800	Dinner		
1900	Evening Activity: Guest Speaker		TBD
		Location-Terwilliger	All
2015	Extended Day Campers pick-up		TBD
	Evening Activity	Resident campers	
2100	Quiet Time	Bancroft	
2145	Coaches Meeting		
2200	Lights Out		

# UNITED STATES NAVAL ACADEMY



## **FRIDAY 13 June 2025 SPIRIT: *music shirt***

0600	Training Session	Lejeune	TBD + 1 Coach
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Desk	TBD
0815	STATIONS (2):	1: Grades 9-12 -classroom, 2: 8th grade & below -dryland 1st	
	1. Speaker	WB classroom	BM + team coaches
	2. Dryland	WB track	TBD + team coaches
0940	AM Stations end / move to pool		
0950/55	Pool VII: Butterfly	Lejeune Hall	Coaches Liscinsky & TBD
1145	end Butterfly I		BM & 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	
1400	Pool VIII: Stations (3)	Lejeune Hall	
	1. Butterfly II	LJ far end (1-4)	Coaches Liscinsky & TBD
	2. Video review+ ST	LJ (ST 10-13)	Coach Bill Roberts
	3. Starts/Turns	LJ (ST 5-9)	Coaches TBD & Liscinsky
	(45: 40:00 minute stations / 5:00 for rotation / stay on schedule)		
1615/30	Day Camper Pick up	LJ Scorers Desk	TBD
	Group Activity: Severn River boat cruise		Extended Day & Resident
1800	Dinner		
1900	Guest Speaker	WB classroom	
2100	Extended Day Campers pick-up		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 14 June 2025**

**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		
<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)		



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