

# DEVELOPMENTAL CAMP SAMPLE SCHEDULE

**8:00 AM – 8:30 AM**

WELCOME + DRYLAND WARM UP TO SWIM

**8:30 AM – 8:45 AM**

CHANGE INTO SUITS

**8:45 AM – 10:00 AM**

IN-WATER DRILLS + SKILLS

**10:00 AM – 10:30 AM**

MENTORING FROM HIGH PERFORMANCE CAMP

**10:30 AM – 10:45 AM**

RELAYS + TEAM GAMES

**10:45 AM – 11:00 AM**

CHANGE INTO DRYLAND CLOTHES

**11:00 AM – 11:45 AM**

DRYLAND

**11:45 AM – 12:30 PM**

GOAL SETTING & MINDSET ACTIVITY/CRAFT

**12:30 PM – 1:00 PM**

LUNCH (ATHLETES MUST BRING WITH THEM)

**CANGE  
CITY**