

HIGH PERFORMANCE 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 DEVELOPMENTAL CAMP

10:30 AM – 10:45 AM

RELAYS + TEAM GAMES

10:45 AM – 11:00 AM

CHANGE INTO DRYLAND CLOTHES

11:00 AM – 12:15 PM

DRYLAND

12:15 PM – 1:00 PM

LUNCH (ATHLETES MUST BRING WITH THEM)

1:00 PM – 1:45 PM

GOAL SETTING SESSION

1:45 PM – 2:00 PM

CHANGE INTO SUITS

2:00 PM – 4:00 PM

IN-WATER TRAINING

4:00 PM – 4:15 PM

CHANGE INTO DRYLAND CLOTHES

4:15 PM – 4:45 PM

DRYLAND MOBILITY

4:45 PM – 5:00 PM

CLOSING THOUGHTS + GRATITUDE