

11th Annual Spartan Elite Sprint Clinic

Michigan State University Swimming invites you to participate in a four-day clinic geared to experienced competitive swimmers (13 & over). In its ninth year, the clinic is a fast-paced, six-session camp focusing on advanced competitive swimming skills as well as introducing swimmers to intensive training in and out of the water. Past participants have included multiple State High School finalists and Age Group champions in Michigan, Indiana, Illinois, and Ohio. The camp is limited in numbers (30) and the camper to coach ratio will not exceed 5-1. As always, it certainly promises to be an exciting and very beneficial four days. 😊

Daily Schedule

Sunday

2-2:55PM Check-in at the Munn Arena
4:30 PM Dinner at a Residence Hall
6:00 PM Water Session at IM West Outdoor Pool
8:10 PM Walk back to a Residence Hall

Monday and Tuesday

7:55 AM Meet camp staffer in front of Residence Hall
8:15 AM Stretch and topic discussion
8:30-8:55 AM Dryland Exercise (**shoes required**)
9:00 AM Water session (IM West Outdoor Pool – 50M)
10:30 AM Topic Discussion

11:00 AM Lunch
1:30 PM Meet camp staffer in front of Residence Hall
1:45 PM Stretch and Dryland
2:30 PM Water session (IM West Indoor Pool – 25y)
5:15 PM Dinner
6:30 PM Evening Activities

Wednesday

7:55 AM Meet camp staffer in front of Residence Hall
8:15 AM Stretch and review session
8:30 AM Water session (IM West Outdoor Pool – 50M)
9:55 AM Parent demonstration (@ indoor Pool at IM West)

Please note that the first meal for resident campers is Dinner on Sunday and the final meal is Breakfast on Wednesday.

Please feel free to call 517-355-5261 with any questions about the sprint camp.