

2009 Spartan Swim Camp

Daily Schedule

Sunday

2:00-2:50PM Check-in at Munn Arena (Manny)
 5:50 PM Meet on the North side of Wonders Hall (Celeste)
 6:00 PM Introductory meeting at IM West outdoor pool
 6:40 PM Water session at the IM west pool; Divide 4 group levels (A-D)
 GroupA:G, GroupB:Kathleen, GroupC:Rich, GroupD:Pat
 *Filming for Dartfish --- Manny, Kris, and Celeste
 7:45 PM practice ends and go back to the dorm (led by Pat)

Mon-Wed: Freestyle(Mon), Backstroke(Tue), and Breaststroke(Wed)

7:55 AM Meet coaches in front of North Wonders Hall (led by Celeste)
 8:15 AM Stretching (Manny and Celeste)
 8:35 AM Water session-“**stroke work**” by groups A-D (**4stations**)
 Each station has a specific area that coaches focus on.
 1. turn, 2. start 3. drill *Group D will have a separated program.
 Manny, Kris, and Celeste will tape each child’s stroke for Dartfish analysis.
 10:30 AM Topic Discussion (Tuesday – camp sales)
 10:55 AM Monday-group picture and “buddy shots” for sale \$12.00
 11:10 AM Walk back to Wonders (led by a coach)
 11:20 AM Lunch
 1:25 PM Meet coaches in front of North Wonders Hall (led by Pat)
 1:45 PM Stretching (led by Pat)
 2:00 PM Water session – “**training**” by groups. Warm-up is led by coach G. --- IM West Pool (indoor 25y)
 A. G, B. Jon, C. Joe, and D. Pat
 *Manny and (Kris) analyze and edit filming via Dartfish at IM W.
 4:15 PM Training session (led by G)
 4:45 PM Campers get dressed and take them back to the cafeteria. (led by Pat)
 5:15 PM Dinner
 6:30-7:45 PM Evening activities at the dorm (organized by Gabe and Julie)
 M: capture the flag, Tu: scavenger Hunt, W: frisbee

Thursday: Butterfly

7:55 AM Meet Coaches in front of North Wonders Hall (led by Celeste)
 8:15 AM stretching (led by Manny and Celeste)
 8:40 AM Warm-up and week review (led by coach G, Rich, and Kathleen)
 9:50 or 10:00AM Time Trial (2x50s – freestyle and non-freestyle) – outdoor 50M pool @IM W.
If the weather is bad, AM practice including the time trial will be held at IM Indoor Pool.
 10:30 AM Awards: Two kinds of awards – Camper of the Week and Camper of the Group;
 Hand out CD to each child (requested ones only)
If the weather is bad, the award ceremony will be held at IM Indoor Pool.
 11:00 AM Return to Wonders Hall (led by Celeste)
 12:00 PM Check out at the dorm.

*Dartfish filming will take a place within first 2 days of each session. Each swimmer will **RACE** all 4 strokes and do 2 starts. Those films will be transferred into the Dartfish and will later be burned into the CD, which will be given to each child at the end of the camp. (\$60.00)