

MICHIGAN STATE SWIMMING

2019 Camp Schedule

***All practices are open to parents.

Sunday

2:00-2:50PM	Check-in at Munn Ice Arena
4:00 PM	Meeting at Lobby of dorm (parents welcome)
4:30 PM	Dinner
5:30 PM	Meet coach in lobby
6:00 PM	Session I with introductory Gatorade meeting- outdoor pool deck
7:30 PM	Session ends and go back to dorm (Commuters picked up at dorms)

Monday- Wednesday

7:00 AM	Breakfast (residents only)
7:55 AM	Meet coach in lobby of dorm (Commuters drop off at dorms)
8:15 AM	Stretching
8:35 AM	AM session- IM west pool
10:30 AM	Topic Discussion
11:10 AM	Walk back to dorm (led by a coach)
11:20 AM	Lunch (commuters and residents)
1:25 PM	Meet coach in lobby of dorm.
1:45 PM	Stretching
2:00 PM	PM session- IM west pool
4:45 PM	Campers get dressed and take them back to the cafeteria. (led by coaches)
5:15 PM	Dinner (Commuters picked up at dorms)
6:30-7:45 PM	Evening activities at the dorm (organized by coaches)

***Camp Photo will be Tuesday after morning workout **WEAR CAMP SHIRT**

Thursday

7:00 AM	Breakfast (residents only)
7:55 AM	Meet coaches in lobby of dorm (Commuters drop off at dorms)
8:15 AM	Stretching
8:40 AM	Warm-up and week review
9:50 <u>or</u> 10:00AM	<u>Time Trial (2x50s – freestyle and non-freestyle) –</u>
10:30 AM	Awards (Commuters picked up at pool)
11:00 AM	Return to dorms with parents or coaching staff
12:00 PM	Check out at the dorm.

*****Parents are encouraged to attend at 9:30am.**

Camp Guidelines

- Whereabouts must be known by the swimming staff from 7:55 AM until 8:00 PM. The evenings (8:01 PM-7:54 AM) will be monitored by the CA's and residence life staff in the dorm.
- Respect the dormitory and respect your dorm room for the week.
- Be ready to go at least five minutes early to each session-**Do not be late!**
- You must attend every session despite sickness and/or injury. Once you report, if need be, a coach will escort you to the athletic trainer.
- Keep track of all possessions. Do not leave things in the locker-room unattended. **Do not bring large amounts of money to the pool.**
- Make sure that you are drinking a lot of water and eating properly.
- Always come prepared with your swimming gear, dry-land clothes.
- The path to travel to and from the pool takes us past two major construction sites-Please wear shoes and/or sandals at all times. Do not walk around campus barefoot.
- Respect others and listen all the time.
- The most important thing is to have a good time with your your camp experience and improve your swimming.



Session

Summary

Sunday PM Session (6-7:30 PM)

Emphasis: Streamlining, push-offs, body position

Drills: Push-off drill, balance drill, side-kick w arm extended.

Helpful link: <https://www.youtube.com/watch?v=L8cIJEJsQ5k>
<https://www.youtube.com/watch?v=GF80eawh5d0>

Monday AM Session (8:30-10:30 AM)

Emphasis: Circuit work Freestyle starts/turns

Stations: Starts, Flip turns, sculling, swim w parachutes

Monday PM Session (2:30-5 PM)

Emphasis: Freestyle/ backstroke long axis drill

Drills: Rotation drill w head lead, 1-arm freestyle with opp. breath, long axis 5 drill

Helpful link: <https://www.youtube.com/watch?v=il3iAMDu4Xc>

<https://www.youtube.com/watch?v=dSGDaWc0B1E>
<https://www.youtube.com/watch?v=eZgsbl4jN7o>



Tuesday AM Session (8:30-10:30 AM)

Emphasis: Circuit- backstroke starts/turns

Stations: Starts, backstroke turns, buckets, paddles

Tuesday PM Session (2:30-5 PM)

Emphasis: Backstroke long axis drill

Drills: deep scull, front scull, kick with “T” press, 3 kick breaststroke,

Helpful links <https://www.youtube.com/watch?v=zOsovR0fdog>
<https://www.youtube.com/watch?v=ca0JFe5bYjk>

Wednesday AM Session (8:30-10:30 AM)

Emphasis: Circuit Breaststroke pullouts/ Underwater kicking

Wednesday PM Session (2:30-5 PM)

Emphasis: Butterfly/Breastroke short axis drill

Helpful link <https://www.youtube.com/watch?v=Svs3oZN1QVY>
<https://www.youtube.com/watch?v=rFKWRC011vg>

Thursday AM Session (8:30-10:30 AM)

Emphasis: Review

Parent demonstration

On Friday at 9:30 AM we invite all the parents and family members of the campers to come and watch the final session of camp. The session will include some review of the weeks drills and two time trial race 50's in the outdoor pool (unless inclement weather forces us inside)

After the demonstration is over, we invite everyone to stay for our closing ceremonies.

