SEMS/IFLY Training Camp Itinerary – 2013

Tentative—Some changes will occur

Sunday, June 23rd

9:45 AM	Swimmers traveling by Van meet at Woodbury HS. Van will leave at 10:00 AM
12:00 PM – 2:00 PM	Swimmers & Parents (in Iowa) check in with coach Eric after prelims session
3:00 PM – 4:00 PM	Swimmers traveling by van arrive, check into hotel, and head to pool at 4 PM
4:00 PM – End of Finals	Everyone is at the CWRC—Finalists are racing, non-finalists have short workout

Monday, June 24th

6:15 AM	Wake up and snack at Hotel Breakfast
7:00 - 7:45 AM	Short practice at the Field House (FH) (Coach directed)
7:45 - 8:15 AM	Breakfast at the FH – catered by HyVee
8:15 AM	Walk or Jog over to Ropes Course Field
8:30 AM -12:30 PM	Ropes Course Challenge
12:30 - 3:15 PM	Lunch break and rest
3:30 - 4:30 PM	Video review and training talks (Coach directed)
4:30 – 6:30 PM	In water practice at CRWC (Coach directed)
7:00 PM	Dinner and evening options
10:00 PM	Lights out!

Tuesday, June 25th

6:30 AM	Wake up and snack at hotel breakfast
7:30 - 9:30 AM	In water practice at the CRWC (Coach directed)
9:30 – 10:30 AM	Breakfast in the Wet Classroom – catered by HyVee
10:30 AM	Visit Campus and University of Iowa Bookstore
12:00 – 2:45 PM	Lunch break and rest
3:00 - 4:00 PM	Nutrition talk (Kathy Mellen, nutritionist) in room 1A-1B CRWC

4:00 – 4:30 PM	Video review and training talks - Coach directed (wet class CRWC)
4:30 – 6:30 PM	In water practice at CRWC (Coach directed)
7:00 PM	Dinner and evening options (including pack bags)
10:00 PM	Lights out!

Wednesday, June 26th

6:30 AM	Wake up and snack at hotel breakfast.
7:30 – 8:30 AM	In water practice at the Field House (FH)
8:45 AM	Return to hotel for Final pack up and check out
9:30 AM	Leave for Lost Island Water Park in Waterloo, IA. Apply sun screen!!!
3:30 – 4:00 PM	Load into Vans for return home
7:30 – 8:00 PM	Arrive at Woodbury HS for drop off