

## Camp Information and Schedule

### **General Breakdown of week**

#### **Sunday- early check in**

5:30- 6:00 pm-- Check in for Sunday Night Early Arrivals at GT Dormitory. Pizza and a movie in the Team Room. See Early Arrive Email for more information. Must register for Early Arrival.

#### **Monday**

8:15 am -- Sunday Overnight Campers to dining hall for breakfast. Counselors to take campers back to the Team Room at 9:15

8:00 -8:30 am -- Check in for overnight campers- **at GT dorm**. Early arrival campers will not need to check in again.

9:00 – 9:30 am Check-in for commuters **in the team room at the CRC / McAuley Aquatic Center**

9:15 am -- Overnight campers leave dorm for team room – Coaches will take campers to Team Room.

9:30 am -- Introduction and weekly schedule in Team Room for All Campers

10:00-11:30 am – 100 swim assessment; technique, drills– Freestyle

11:30 am – Lunch in team room

12:00-2:00 pm -- Group Activity with Counselors- outdoor and indoor option

2:00-2:30- Break out session with coaches

2:30-4:30 pm -- Dryland with dynamic warm-up, filming, swimming review and workout

4:30-5:00 -- Day campers check out and depart for home. Leave from the Team Room

4:45 pm -- Overnight campers leave for dining hall with counselors

5:00 – 6:00 pm – Dinner at dining hall with counselors

6:00 pm – Counselors take overnight campers back to dorm

7:00 pm – Evening activity designed by counselors

10:00 pm- LIGHTS OUT

#### **Tuesday**

7:30 am – Counselors take overnight campers to West Village dining hall for breakfast

8:30-8:45 am – Commuters check-in **at the team room**

9:00-11:00 am – Team stretch, technique, drills - backstroke

11:30 am – Lunch in team room

12:00-2:00 pm – Group activity led by counselors- outdoor and indoor option

2:00-2:30- Break out session with coaches

2:30-4:30 pm -- Dryland with dynamic warm-up, filming, swimming review and workout

4:30-5:00 -- Day campers check out and depart for home

4:45 pm -- Overnight campers leave for dining hall with counselors

5:00 – 6:00 pm – Dinner at dining hall with counselors

6:00 pm – Counselors take overnight campers back to dorm

7:00 pm – Evening activity designed by counselors

10:00 pm- LIGHTS OUT

### **Wednesday**

7:30 am – Counselors take overnight campers to West Village dining hall for breakfast

8:30-8:45 am – Commuters check-in **at the team room**

9:00-11:00 am – Team stretch, technique, drills- breaststroke

11:30 am – Lunch in team room

12:00-2:00 pm – Group activity led by counselors- outdoor and indoor option

2:00-2:30- Break out session with coaches

2:30-4:30 pm -- Dryland with dynamic warm-up, filming, swimming review and workout

4:30-5:00 -- Day campers check out and depart for home

4:45 pm -- Overnight campers leave for dining hall with counselors

5:00 – 6:00 pm – Dinner at dining hall with counselors

6:00 pm – Counselors take overnight campers back to dorm

7:00 pm – Evening activity designed by counselors

10:00 pm- LIGHTS OUT

### **Thursday**

7:30 am – Counselors take overnight campers to West Village dining hall for breakfast

8:30-8:45 am – Commuters check-in at the team room

9:00-11:00 am – Team stretch, technique, drills -butterfly

11:30 am – Lunch in team room

12:00-1:30 pm – Counselors take Overnight Campers to Dorm for clean-up and check out

12:00 – Commuters watch movie in Team Room.

2:00-2:30- Break out session with coaches

2:30-4:00 pm – Swim meet

4:00- Camp ends! Check out in Team Room.

### **Emergency Contact Numbers:**

Camp Director Justin Hart: 404.867.3766

Head Coach Courtney Hart: 404.357.7829

Coach Bill Koppelman: 404.345.5739

[CRC Address](#) (Pool and Team Room): 750 Ferst Drive, Atlanta, GA 30332

Housing/Dorm contact: Jennifer Watson; 404.894.2469

Lost Key Fee: \$75.00

Lost meal card \$50.00