

Fluid Mechanics Residential Camp

Sample Daily Schedule

Time	Topic
7:00am-7:30am	Wake Up
7:30am-8:30am	Breakfast
8:30am-9:00am	Stretching & Energy Systems Training Explanation
9:00am-10:30am	In-Water Energy Systems Training
10:30am-12:00pm	Strength & Flexibility Training
12:00pm-1:00pm	Lunch
1:00pm-2:30pm	In-Water Stroke Technique
2:30pm-4:00pm	Psychology & Emotion
4:00pm-5:00pm	Relaxation
5:00pm-6:00pm	Dinner
6:00pm-7:00pm	In-Water Start/Turn Technique
7:00pm-8:00pm	Educational Game
8:00pm-9:00pm	Evening Program (such as the Birds of Prey)
9:00pm-9:30pm	Telephone Time
9:30pm-10:00pm	Prepare for Bed
10:00pm	Lights Out