



### **SWIM CAMP IV (START AND TURN): JUNE 21-23, 2013**

**Equipment:** Adequate swim suits/towels/goggles/tennis shoes/appropriate dryland attire

**Dorm Rooms:** Bed Linens are provided. **Pillow, Blankets & Towels are NOT provided.**  
Small refrigerators and microwaves are in the dorm rooms.  
**Fans are highly recommended. Rooms are NOT air-conditioned.**

### **PENN STATE SWIM CAMP IV: START & TURN CAMP – “TENTATIVE” SCHEDULE**

#### **First Day, June 21**

1:00 p.m. - 2:30 p.m.	Final Registration - Findlay Commons
3:00	Camp Meeting**- Outside of female dorm
4:30	<b>Dinner</b>
6:15	Arrive at pool
6:20	Team Building Activity
7:00	Free & Back Flip Turns
9:15	Snack Time
10:30	Dorm Meeting
11:00	Lights out

#### **Second Day, June 22**

7:00 a.m.	<b>Breakfast</b>
8:15	Stretch at Outdoor Pool
8:30	Breast & Fly Open Turns
10:30	Forward Start
11:30	<b>Lunch</b>
1:30 p.m.	Backstroke Start
2:00	IM Transition Turns
3:30	Dryland/Cheer
4:30	<b>Dinner</b>
6:30	Stretch
6:45	Relay Starts
8:30	Movie/Talent Show/Freetime
10:30	Dorm Meeting
11:00	Lights outs!

#### **Last Day June 23**

7:30 a.m.	<b>Breakfast</b>
8:15	Stretch
8:30	Review Starts and Turns
11:00	Award Presentation (Parents/ Legal guardians welcome to attend)
11:30	Check out, Turn in key

**Please make arrangements for a specific time and place to pick up your camper.**

**NOTE** \*\*Camp meeting is open to and optional for parents/legal guardians. The camp meeting allows for the opportunity to meet the camp director and camp staff members and have questions answered.

***Note: Please bring appropriate dryland attire and tennis shoes to camp.***