



SWIM CAMP II (START AND TURN): JUNE 14-16, 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 II: START & TURN CAMP – “TENTATIVE” SCHEDULE

First Day, June 14

1:00 p.m. - 2:30 p.m.	Final Registration - Findlay Commons
3:00	Camp Meeting**- Outside of female dorm
4:30	Dinner
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 15

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

Last Day June 16

7:30 a.m.	Breakfast
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.