

*Summer Camp Weekly Schedule *

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00• 10:00am	Fun Games / Warm up					OFF	OFF
10:00• 10:20am	Boat Assigning and Preparation - Go pick up your Boat!						
10:20• 10:40am	Specific Warm up / Dry Land Stroke Teaching						
10:40• 11:40am	Scheduled On•Water Practice: Learning Balance						
11:40am• 12:00pm	Dry Boats & Put Away Equipment / Feedback						
12:00• 1:00pm	Lunch Break						
1:00• 1:20pm	Boat Assigning and Preparation - Go pick up your Boat!						
1:20• 1:40pm	On•Land Warm•up						
1:40• 2:40pm	Scheduled On•Water Practice						
2:40• 3:00pm	Dry Boats & Put Away Equipment / Feedback						
3:00• 4:00pm	Fun Games / Clean-up						

** Please note that this is a generalized schedule. Please refer to the coach daily practice schedule for accurate information regarding regatta preparation, dates and practice specifics*

*By Zak Mahmoudi
Head Coach*