

# UNITED STATES NAVAL ACADEMY



## **TUESDAY 11 June 2024: shirt of the day: 2024 issued shirt**

TIME	PLACE	EVENT / TO DO	LEADER	NOTES
1200	Registration	Stadium / Bancroft Hall		
1415/20	Introduction I / meet groups /issue caps		BR	<i>see notes, major rules/regulations &amp; purpose.</i>
1445-1700	Pool I: Backstroke I (ST 1-4) Video (ST 9-11) Starts & Turns (ST 5-8)		Coaches Rothenberger & Turner Mark Liscinsky + Jim Roos Coaches Rothenberger & Turner	
1730	Camp photo Seal Team meetings	Tecumseh Court various locations		All: WEAR CAMP SHIRT &
1800	dinner	King	All	
1845	Camp meeting / introduction part II Blue / Gold, AM swims explanation <i>SHIRTS: D2-home team, D3-beach theme, D4-Music, D5-Blue OR Gold</i>		BM BM + staff	
1900-2015	Pool II: Backstroke II	Lejeune Hall		
2015	Day/ Extended camper pick up		Lejeune Desk	TBD
2030	Seal Team activity/meeting			
2200	Lights out			

*“You’re off to great places! Today is your day! Your mountain is waiting, So get on your way!”* Dr. Seuss

## **WEDNESDAY 12 June 2024: SPIRIT: home team/school shirt**

0600	Training Session	Lejeune		resident campers + coaches
0715	Wake up			
0730	Breakfast	King Hall		
0810	Meet Day Campers	Desk - Lejeune		C. Grudowski & Joe Bertoldi
0815	STATIONS (2): 1. Speaker 2. Dryland Groups will rotate at 0855 to begin at 0900 (quick transition)	1: Grades 9-12 -classroom, Lejeune classroom Wesley Brown Fieldhouse	2: 8th grade & below -dryland 1st Guest Speaker + coaches CC + team coaches	
0945	AM Stations end / move to pool...			
0950	Pool III: Freestyle I	Lejeune Hall		Coaches Beardsley & Masi
1145	end Freestyle I			BM & coaches
1145	Pool III ends (keep all in water until 1145)			

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## **WEDNESDAY 12 June 2024:** **SPIRIT: *home team/school shirt***

1200	Lunch	King Hall	
1240	Rest / Relaxation	Bancroft Hall	
1315/30	Seal Team meetings	various locations	
1400	Pool IV: Stations (3)	Lejeune Hall	
	1. Freestyle II	LJ	(ST 1-4)
	2. Video review+ group coaching	LJ	(ST 9-11)
	3. Starts/Turns	LJ	(ST 5-8)
	(40 minute stations / 5:00 for break/rotation / stay on schedule)		
1615/30	Day Camper Pick up	LJ Scorers Desk	C. Grudowski & Joe Bertoldi
1630	Group Activities ( <i>will vary by day.</i> )		
1800	Dinner		
1900	PM Activity:	Terwilliger	Extended Day/Residents
2015	Extended Day Campers pick-up		C. Grudowski & Joe Bertoldi
	Seal Team activity		
2100	Quiet Time	Bancroft	
2200	Lights Out		

***“What would life be if we had no courage to attempt anything?”***  
***Vincent Van Gogh***

## **THURSDAY 13 June 2024** **SPIRIT: *Going to the beach***

0600	Training Session	Lejeune	resident campers + coaches
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Lejeune Desk	C. Grudowski & Joe Bertoldi
0815	STATIONS (2):	1: Grades 9-12 -classroom, 2: 8th grade & below -dryland 1st	
	1. Speaker	Lejeune classroom	BR + team coaches
	2. Dryland	Halsey FH	TBD + team coaches
	Groups will rotate at 0855 to begin at 0900 (quick transition.)		
0945	AM Stations end / move to pool...		
0950	Pool III: Breaststroke I	Lejeune Hall	Coaches Beardsley & Ellis
1145	end Breaststroke I		BM & coaches
1145	Pool III ends (keep all in water until 1140)		
1200	Lunch	King Hall	

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## **THURSDAY 13 June 2024** **SPIRIT: *Going to the beach***

1230	Rest / Relaxation	Bancroft Hall	
1330	Seal Team meetings	various locations	
1400	Pool VI: Stations (3)	Lejeune Hall	
	1. Breaststroke II	LJ far end (1-4)	Coach Ellis /Coach Beardsley
	2. Video review+ ST	LJ (ST 9-11)	Coach Roberts
	3. Starts/Turns	LJ (ST 5-8)	Coach Beardsley / Coach Ellis
	(45:00: 40 minute stations / 5:00 for rotation / stay on schedule)		
1615/30	Group Activities		TBD
	Day Camper Pick up	LJ Scorers Desk	C. Grudowski & Joe Bertoldi
1800	Dinner		
1900	Evening Activity: Guest Speaker		TBD
	Location-TBD	All	
2015	Extended Day Campers pick-up		C. Grudowski & Joe Bertoldi
	Evening Activity	Resident campers	
2100	Quiet Time	Bancroft	
2145	Coaches Meeting		
2200	Lights Out		

***“Life is a progress, and not a station.”***  
**— Ralph Waldo Emerson**

## **FRIDAY 14 June 2024** **SPIRIT: *music shirt***

0600	Training Session	Lejeune	resident campers + coaches
0715	Wake up		
0730	Breakfast	King Hall	
0810	Meet Day Campers	Desk	C. Grudowski & Joe Bertoldi
0815	STATIONS (2):	1: Grades 9-12 -classroom, 2: 8th grade & below -dryland 1st	
	1. Speaker	LJ classroom	ES + all coaches
	2. Dryland	Halsey FH	TBD + all coaches
0940	AM Stations end / move to pool		
0950/55	Pool VII: Butterfly	Lejeune Hall	Coaches Rothenberger & Lias
1145	end Butterfly I		BM & coaches
1145	Pool III ends (keep all in water until 1140)		
1200	Lunch	King Hall	
1230	Rest / Relaxation	Bancroft Hall	
1300	Seal Team meetings	various locations	

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## **FRIDAY 14 June 2024** **SPIRIT: *music shirt***

1400	Pool VIII: Stations (3) Lejeune Hall	
	1. Butterfly II LJ far end (1-4)	Coaches Lias & Rothenberger
	2. Video review+ ST LJ (ST 9-11)	Coach Bill Roberts
	3. Starts/Turns LJ (ST 5-8)	Coaches Rothenberger & Lias
	(45: 40:00 minute stations / 5:00 for rotation / stay on schedule)	
1615/30	Day Camper Pick up LJ Scorers Desk	C. Grudowski & Joe Bertoldi
	Group Activity: Severn River boat cruise	Extended Day & Resident
1800	Dinner	
1900	Guest Speaker Lejeune classroom	
2100	Extended Day Campers pick-up	C. Grudowski & Joe Bertoldi
2200	Lights Out	

***“Challenges are gifts that force us to search for a new center of gravity.  
Don’t fight them. Just find a new way to stand.”***  
— ***Oprah Winfrey***

## **SATURDAY 15 June 2024** **SPIRIT: *blue or gold shirt***

0600	Training Session Lejeune	resident campers + coaches
0715	Wake up	
0730	Breakfast King Hall	
0815	Room Inspection Bancroft	
0845	Day / Extended day campers arrive (note time change)	
	Graduation review / Camp meeting	
0915	Begin Pool sessions: stations	
1015/20	Navy Swimming Camp: Blue & Gold Demonstration	
1140	Graduation	
1200	Camp Dismissal / Airport Crew to BWI	
<b>1230</b>	<b>Lunch for repeat campers / coaches</b>	
1330	registration: Clinics	BR / TBD + staff on duty
1400	Clinics begin Lejeune	Hutchinson/TBD/Roberts
1800	Dinner King Hall	staff
1845	PM Activity (repeat campers)	TBD + staff
2200	Lights Outs (repeat campers)	