

# MICHIGAN DIVING CAMP SCHEDULE

## **Sunday, July 7<sup>th</sup>**

1:00-3:00p.m. Check in at University of Michigan Canham Natatorium  
5:00-7:30p.m. Pool session #1 – Basic dives and drills on all 3 levels.

## **Monday, July 8<sup>th</sup>**

7:30-8:15a.m. Breakfast for resident campers  
Commuters arrive by 8:20a.m. ready to get started @ 8:30 a.m.  
8:30-9:30a.m. Dry land session #1 (Belts, dry-board, hanging bar, spring floor, trampoline) Group 1 will be released early for nutrition meeting  
9:00-9:30a.m. Nutrition meeting Group 1  
9:30-10:00a.m. Nutrition meeting Group 2  
10:00-11:30a.m. Pool session #1 (technical work)  
11:30-1:20p.m. Lunch and Rest  
1:20p.m. CAMP PHOTO  
1:30-2:15p.m. Emily Klueh - *Athletes Connected Program Coordinator/Athletic Counselor & Student Athlete Health & Welfare*  
2:15-3:00p.m. Dryland session #2  
3:00-4:30pm Pool session #2  
4:30-6:00p.m. Dinner and rest  
6:00-7:00p.m. Dryland session #3  
7:00-8:30p.m. Pool session #3 (New dives, activities in the pool, fun and games)  
8:30-10:30 p.m. Supervised dorm activities  
11:00 p.m. Lights out! (earlier if necessary)

## **Tuesday, July 9<sup>th</sup>**

7:30-8:15a.m. Breakfast for resident campers  
Commuters arrive by 8:20 a.m. ready to get started @ 8:30 a.m.  
8:30-10:00a.m. Dry land session #1 (Belts, dry-board, hanging bar, spring floor, trampoline)  
10:00-11:30a.m. Pool session #1 (technical work, new dives)  
11:30-1:30p.m. Lunch and Rest  
1:30-3:00p.m. Dryland session #2  
3:00-4:30p.m. Pool session #2  
4:30-6:00p.m. Dinner  
6:00-7:00p.m. Dryland session #3  
7:00-8:30p.m. Pool session #3 (New dives, activities in the pool, fun and games)  
8:30-10:30p.m. Supervised dorm activities  
11:00p.m. Lights out! (earlier if necessary)

### **Wednesday, July 10<sup>th</sup>**

7:30-8:15a.m.	Breakfast for resident campers Commuters arrive by 8:20a.m. ready to get started @ 8:30 a.m.
8:30-9:30a.m.	Dry land session #1 (Belts, dry-board, hanging bar, spring floor, trampoline) Group 1 will be released early for Nutrition meeting
9:00-9:30a.m.	Nutrition meeting Group 1
9:30-10:00a.m.	Nutrition meeting Group 2
10:00-11:30a.m.	Pool session #1 (technical work)
11:30-1:15p.m.	Lunch and Rest
1:30-3:00p.m.	Dryland session #2
3:00-4:30pm	Pool session #2
4:30-6:00p.m.	Dinner and rest
6:00-7:00p.m.	Dryland session #3
7:00-8:30p.m.	Pool session #3 (New dives, activities in the pool, fun and games)
8:30-10:30 p.m.	Supervised dorm activities
11:00 p.m.	Lights out! (earlier if necessary)

### **Thursday, July 11<sup>th</sup>**

7:45-8:30 a.m.	Breakfast for resident campers Commuters arrive by 8:30 a.m. ready to get started @ 8:45 a.m.
8:45-11:00 a.m.	Final Dryland & pool session
11:00-12:00 p.m.	Show off your new dives or head home!