



SPIRE Caeleb Dressel Swim Camp Schedule

Time	Activity
Sunday	
2:30-3:00 PM	Check-in
3:00 PM	Camp Meeting with Campers, Parents and Campus Tour
3:45 PM	Caeleb Meets with Swimmers
4:15-5:50 PM	In Water Training
6:00-6:15 PM	Day Campers picked up at Academy Entrance
6:00-7:00 PM	Dinner
7:00-8:00 PM	Games with House Parents
8:00 PM	Return to Houses / Day Camper Pick-up
10:00 PM	Lights Out
Monday	
8:00 AM	Wake Up
8:30 AM	Meet at Academy Entrance House parents & Day Campers
8:30-9:00 AM	Breakfast
9:00-9:30 AM	Dryland with Caeleb
9:30-10:00 AM	Caeleb Meets with Swimmers
10:00-11:30 AM	In Water Training
12:00-1:30 PM	Lunch and Rest
1:30-3:30 PM	In Water Training
4:00-5:00 PM	SPIRE Performance (Caeleb Training Time)
5:30-6:00 PM	Day Campers picked up at Academy Entrance
6:00-7:00 PM	Dinner
7:00-8:00 PM	Games with House Parents

Time	Activity
8:00 PM	Return to Houses
10:00 PM	Lights Out
Tuesday	
8:00 AM	Wake Up
8:30 AM	Meet at Academy Entrance House parents & Day Campers
8:30-9:00 AM	Breakfast
9:00-9:30 AM	Academy Meeting in the Academy
9:30-10:00 AM	Caeleb Meets with Swimmers
10:00-11:30 AM	In Water Training
12:00-1:30 PM	Lunch and Rest
1:30-3:00 PM	Performance
3:30-5:00 PM	In Water Training with Academy
5:30-6:00 PM	Day Campers picked up at Academy Entrance
6:00-7:00 PM	Dinner
7:00-8:00 PM	Games with House Parents
8:00 PM	Return to Houses
10:00 PM	Lights Out
Wednesday & Thursday	
6:30 AM	Wake Up
6:45 AM	Meet at Academy Entrance House parents & Day Campers
7:00-9:00 AM	Practice with Academy In Water
9:00-9:30 AM	Breakfast
9:30-10:00 AM	Sport Nutrition Talk by TBD

Time	Activity
1:30-3:00 PM	Performance
3:30-5:00 PM	In Water Training with Academy
5:30-6:00 PM	Day Campers picked up at Academy Entrance
6:00-7:00 PM	Dinner
7:00-8:00 PM	Games with House Parents
8:00 PM	Return to Houses
10:00 PM	Lights Out
Friday	
8:00 AM	Wake Up
8:30 AM	Meet at Academy Entrance House parents & Day Campers
8:30-9:00 AM	Breakfast
9:00-11:00 AM	In Water Training
11:30 AM	Check Out