



2018 Top Dawg Swim Camp Freestyle Clinic Schedule
Tuesday, July 10th

Please make sure all swimmers have had breakfast prior to the start of camp. We will have snacks available to swimmers at all times.

7:00 A.M. Arrive and meet in the Lobby of the HRC
7:15 A.M. Group 1 and Group 2 segregated

A.M./Morning (Session I)

Group 1

7:30 A.M.
to
9:30 A.M. *Pool Time, Freestyle fundamentals*

10:15 A.M.
to
11:00 A.M. Freestyle-Specific Dryland

11:00 A.M.
to
11:30 A.M. Classroom Session I:
Freestyle Technique

Group 2

7:30 A.M.
to
8:30 A.M. Classroom Session I:
Freestyle Technique

8:30 A.M.
to
9:15 A.M. Freestyle-Specific Dryland

9:30 A.M.
to
11:30 A.M. *Pool Time, Freestyle fundamentals*

11:45 A.M. All swimmers meet on first floor of HRC
12 P.M.
To Lunch (Walk over to Atherton for Buffet Lunch)
1:15 P.M.

Afternoon (Session II)

Group 1

1:30 P.M.
to
3:30 P.M. *Pool time, Freestyle speed & drills*

3:45 P.M.
to
4:30 P.M. Freestyle Flexibility & Strength

4:30 P.M.
to
5:30 P.M. Classroom Session II
World-Class Freestyle Skills

Group 2

1:30 P.M.
to
2:30 P.M. Classroom Session II
World-Class Freestyle Skills

2:30 P.M.
to
3:15 P.M. Freestyle Flexibility & Strength

3:30 P.M.
to
5:30 P.M. *Pool time, Freestyle swim and drills*

5: 45 - 6 P.M Parents Pick up swimmers in front of HRC.



2018 Top Dawg Swim Camp Backstroke Clinic Schedule Wednesday, July 11th

Please make sure all swimmers have had breakfast prior to the start of camp. We will have snacks available to swimmers at all times.

7:00 A.M. Arrive and meet in the Lobby of the HRC
7:15 A.M. Group 1 and Group 2 segregated

A.M./Morning (Session I)

Group 1

7:30 A.M.

to

9:30 A.M.

Pool Time, Backstroke fundamentals

10:15 A.M.

to

11:00 A.M.

Backstroke-Specific Dryland

11:00 A.M.

to

11:30 A.M.

Classroom Session I:
Backstroke Technique

Group 2

7:30 A.M.

to

8:30 A.M.

Classroom Session I:
Backstroke Technique

8:30 A.M.

to

9:15 A.M.

Backstroke-Specific Dryland

9:30 A.M.

to

11:30 A.M.

Pool Time, Backstroke fundamentals

11:45 A.M. All swimmers meet on first floor of HRC

12 P.M.

To

1:15 P.M.

Lunch (Walk over to Atherton for Buffet Lunch)

Afternoon (Session II)

Group 1

1:30 P.M.

to

3:30 P.M.

Pool time, Backstroke speed & drills

3:45 P.M.

to

4:30 P.M.

Backstroke Flexibility & Strength

4:30 P.M.

to

5:30 P.M.

Classroom Session II
World-Class Backstroke Skills

Group 2

1:30 P.M.

to

2:30 P.M.

Classroom Session II
World-Class Backstroke Skills

2:30 P.M.

to

3:15 P.M.

Backstroke Flexibility & Strength

3:30 P.M.

to

5:30 P.M.

Pool time, Backstroke swim and drills

5: 45 - 6 P.M Parents Pick up swimmers in front of HRC.



2018 Top Dawg Swim Camp Breaststroke Clinic Schedule Thursday, July 12th

Please make sure all swimmers have had breakfast prior to the start of camp. We will have snacks available to swimmers at all times.

7:00 A.M. Arrive and meet in the Lobby of the HRC
7:15 A.M. Group 1 and Group 2 segregated

A.M./Morning (Session I)

Group 1

7:30 A.M.
to
9:30 A.M. *Pool Time, Breaststroke fundamentals*

10:15 A.M.
to
11:00 A.M. Breaststroke-Specific Dryland

11:00 A.M.
to
11:30 A.M. Classroom Session I:
Breaststroke Technique

Group 2

7:30 A.M.
to
8:30 A.M. Classroom Session I:
Breaststroke Technique

8:30 A.M.
to
9:15 A.M. Breaststroke-Specific Dryland

9:30 A.M.
to
11:30 A.M. *Pool Time, Breaststroke fundamentals*

11:45 A.M. All swimmers meet on first floor of HRC
12 P.M.
To Lunch (Walk over to Atherton for Buffet Lunch)
1:15 P.M.

Afternoon (Session II)

Group 1

1:30 P.M.
to
3:30 P.M. *Pool time, Breaststroke speed & drills*

3:45 P.M.
to
4:30 P.M. Breaststroke Flexibility & Strength

4:30 P.M.
to
5:30 P.M. Classroom Session II
World-Class Breaststroke Skills

Group 2

1:30 P.M.
to
2:30 P.M. Classroom Session II
World-Class Breaststroke Skills

2:30 P.M.
to
3:15 P.M. Breaststroke Flexibility & Strength

3:30 P.M.
to
5:30 P.M. *Pool time, Breaststroke swim and drills*

5: 45 - 6 P.M Parents Pick up swimmers in front of HRC.



2018 Top Dawg Swim Camp Butterfly Clinic Schedule
Friday, July 13th

Please make sure all swimmers have had breakfast prior to the start of camp. We will have snacks available to swimmers at all times.

7:00 A.M. Arrive and meet in the Lobby of the HRC
7:15 A.M. Group 1 and Group 2 segregated

A.M./Morning (Session I)

Group 1

7:30 A.M.
to
9:30 A.M. *Pool Time, Butterfly fundamentals*

10:15 A.M.
to
11:00 A.M. Butterfly-Specific Dryland

11:00 A.M.
to
11:30 A.M. Classroom Session I:
Butterfly Technique

Group 2

7:30 A.M.
to
8:30 A.M. Classroom Session I:
Butterfly Technique

8:30 A.M.
to
9:15 A.M. Butterfly-Specific Dryland

9:30 A.M.
to
11:30 A.M. *Pool Time, Butterfly fundamentals*

11:45 A.M. All swimmers meet on first floor of HRC
12 P.M.
To Lunch (Walk over to Atherton for Buffet Lunch)
1:15 P.M.

Afternoon (Session II)

Group 1

1:30 P.M.
to
3:30 P.M. *Pool time, Butterfly speed & drills*

3:45 P.M.
to
4:30 P.M. Butterfly Flexibility & Strength

4:30 P.M.
to
5:30 P.M. Classroom Session II
World-Class Butterfly Skills

Group 2

1:30 P.M.
to
2:30 P.M. Classroom Session II
World-Class Butterfly Skills

2:30 P.M.
to
3:15 P.M. Butterfly Flexibility & Strength

3:30 P.M.
to
5:30 P.M. *Pool time, Butterfly swim and drills*

5: 45 - 6 P.M Parents Pick up swimmers in front of HRC.