



Cornell University
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Camps & Clinics

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2019 Preseason Instructional Swimming Camp August 7-10

Wednesday

3:30 to 4:00 p.m.	Registration at Teagle Hall
4:00 to 4:15 p.m.	Introduction and camp goals
4:15 to 4:30 p.m.	Freestyle 'chalk talk'
4:30 to 5:30 p.m.	Freestyle Drill progression
5:30 to 6:00 p.m.	Introduction to and demo starts
6:00 to 6:15 p.m.	Introduction Aerobic Training
6:15 to 7:00 p.m.	Training Session
7:00 to 7:15 p.m.	Camper Pick-Up at Teagle Hall

Thursday

3:45 to 4:00 p.m.	Camper Drop-Off at Teagle Hall
4:00 to 4:15 p.m.	Review
4:15 to 4:30 p.m.	Breaststroke 'chalk talk'
4:30 to 5:30 p.m.	Breaststroke Drill progression
5:30 to 6:00 p.m.	Introduction to and demo short axis turns
6:00 to 6:15 p.m.	Introduction Aerobic endurance Training
6:15 to 7:00 p.m.	Training Session
7:00 to 7:00 p.m.	Camper Pick-Up at Teagle Hall

Friday

3:45 to 4:00 p.m.	Camper Drop-Off at Teagle Hall
4:00 to 4:15 p.m.	Review
4:15 to 4:30 p.m.	Backstroke 'chalk talk'
4:30 to 5:30 p.m.	Backstroke Drill Progression
5:30 to 6:00 p.m.	Introduction to and demo backstroke starts
6:00 to 6:15 p.m.	Introduction Anaerobic endurance Training
6:15 to 7:00 p.m.	Training Session
7:00 to 7:15 p.m.	Camper Pick-Up at Teagle Hall

Saturday

7:45 to 8:00 a.m.	Camper Drop-Off at Teagle Hall
8:00 to 8:15 a.m.	Butterfly 'chalk talk'
8:15 to 9:15 a.m.	Butterfly Drill progression
9:15 to 9:45 a.m.	Introduction and demo flip turns
9:45 to 10:00 a.m.	Introduction Race Pace/ Sprint Training
10:00 to 10:45 a.m.	Training Sets
10:45 to 11:00 a.m.	Review and Wrap-Up
11:00 a.m.	Camper Pick-up at Teagle Hall

Campers should bring the following equipment: swimsuits, goggles & running shoes. Fins and paddles are optional. **Be sure to bring a water bottle!**

Please note, schedule subject to change