



CATCH THE SPIRIT INFORMATION SHEET

8:00 – 8:45 Check in on the pool deck & pick up Goody Bag (if payment needs to be made bring cash of \$25 or a check made out to SI SWIMMING. Most athletes have been registered through their team.)

9:00: Welcome and Introductions

9:20: Parents excused
Basic Basics & Warm Up

9:45 – 12:15 5 - 30 min technique stations (all strokes plus starts and turns)

12:15 – 1:00 Lunch – Provided (swimmers may bring their own if they do not like pizza)

1:00 – 4:00 Group talks and activities

1. Confidence
2. Leadership
3. Peer Pressure
4. Time Management

Parents return @3:00

5. Nutrition
6. Guest Speaker

4:00 – 4:30 Swimmer evaluations and thank you's

The morning session will consist of a water session beginning at 9:45- make sure to bring your suit, goggles and a water bottle filled with water. You will be able to refill your bottle on deck.