

UNITED STATES SWIMMING LSC – LEVEL III
CATCH THE SPIRIT CAMP – JUNE 1, 2003 – Durham, NH

- 8:30 a.m. Registration - Coaching Staff at the Swasey Pool
(meet in the bleachers)
- 9:00-9:40 a.m. Team Meeting – Head Coach Kevin Tyrrell (classroom)
Welcome Agenda
Introductions Ice Breaker
Camp Purpose USA video
- 9:40-10:10 a.m. Team Meeting – GOAL SETTING – Coach Sharon Power
- 10:20-12:00 p.m. WATER SESSION #1 – Coaching Staff
- 12:00-12:45 p.m. Lunch & USA Swimming video (classroom)
You must bring your own bag lunch & drink.
- 12:45-1:00 p.m. Break
- 1:00-1:30 p.m. Team Meeting – RELAXATION & VISUALIZATION
- Coach Kevin Tyrrell
- 1:15-4:15 p.m. PARENTS’ MEETING – Camp Director Amy Parratto
*We will meet in the bleacher area, then move to
the classroom. Topics will include:
1. USA Swimming & NE Swimming Awareness
2. The Role of the Parent in Swimming and
their
Child’s Swimming Success.
3. Sports Nutrition
4. Open Discussion & Questions
- 1:45-3:15 p.m. WATER SESSION #2 – Coaching Staff
- 3:30-4:15 p.m. Team Meeting – RACING STRATEGIES/LEADERSHIP
- Coach Rick Battistini
- 4:15-5:00 p.m. Team Meeting – Head Coach & Camp Staff
Swimming Trivia w/ prizes
Review of Camp & Evaluation Forms
Camp Dismissed!