



## 2016 HAWKEYE SWIM CAMP SCHEDULE

**\* COMMUTERS TO BE DROPPED OFF AND PICKED UP AT HILLCREST \***

### SUNDAY

2:00-3:00pm Registration for **all campers** at Hillcrest Dorm (residents settle in dorm – commuters relax in lounge)  
3:15 All campers meet counselors in Martha Lounge of Hillcrest Hall to walk over to CRWC – **(wear swimsuit)**  
3:30 Introductions in CRWC – Camp Rules/Facility Rules/Training Session  
4:45 Campers walk with counselors back to Hillcrest Marketplace  
5:00pm Dinner at Hillcrest Marketplace – **for resident campers only**  
– Nightly Activities at Hillcrest Hall  
9:30pm MANDATORY FLOOR MEETING – **for residents only**

### MONDAY

6:45-8:15am Breakfast at Hillcrest Marketplace – **for residents only**  
8:45am **COMMUTERS DROPPED OFF AT HILLCREST BY 8:45 SO THEY CAN WALK WITH THE GROUP/COUNSELORS.**  
8:45am Walk with counselors to CRWC – **RUNNING SHOES (NO FLIP FLOPS), SWIMSUIT, & GOLD SWIM CAMP SHIRT**  
9:00am Campers meet in bleacher on pool deck for camp photo – **(wear your camp t-shirt)**  
Stroke Talk and Drill Session – Freestyle  
11:30am Walk with counselors to Hillcrest Hall for lunch  
11:45-1:00pm Lunch at Hillcrest Marketplace  
1:15pm Walk with counselors to CRWC  
1:30-4:00pm Pool/DryLand Training Sessions  
4:00pm Walk with counselors to Hillcrest Hall for dinner  
4:15pm **Commuter Pick Up at Hillcrest** – Check out with counselor in front of Hillcrest, or Martha Lounge if raining  
4:30-6:00pm Dinner at Hillcrest Marketplace – **Residents Only**  
6:10pm Returning commuters drop off at Hillcrest  
6:15pm Walk with counselors to Kinnick Press Box  
6:30pm Student Athletic Panel at Kinnick Stadium  
7:45pm Walk to Hillcrest Hall  
8:00pm **COMMUTERS DEPART FROM HILLCREST**  
Nightly Activities  
9:30pm MANDATORY FLOOR MEETING – **Residents only**

### TUESDAY

6:45-8:15am Breakfast at Hillcrest Marketplace – **for residents only**  
8:45am **COMMUTERS DROPPED OFF AT HILLCREST BY 8:45 SO THEY CAN WALK WITH THE GROUP/COUNSELORS.**  
8:45am Walk with counselors to CRWC – **RUNNING SHOES (NO FLIP FLOPS), SWIMSUIT, AND WHITE IOWA SWIM CAMP SHIRT**  
9:00am Campers meet in pool stands  
9:00-11:30am Stroke Talk and Drill Session  
– Backstroke  
11:30am Walk with counselors to Hillcrest Hall for lunch  
11:45-1:00pm Lunch at Hillcrest Marketplace  
1:15pm Walk with counselors to CRWC  
1:30-4:00pm Pool/Dryland Training Sessions  
4:00pm Walk with counselors to Hillcrest Hall  
4:15pm Commuter Pick Up at Hillcrest – Check out with counselor in front of Hillcrest, or Martha Lounge if raining  
4:30-6:45pm Dinner at Hillcrest Marketplace – **Residents Only**  
7:15pm Walk with counselors to CRWC  
7:30pm-9pm Pool Training Session - Starts  
9pm Walk with counselors to Hillcrest Hall  
9:15pm **COMMUTERS DEPART FROM HILLCREST**  
10:00pm MANDATORY FLOOR MEETING

### **WEDNESDAY**

- 6:45-8:15am Breakfast at Hillcrest Marketplace – **for residents only**
- 8:45am **COMMUTERS DROPPED OFF AT HILLCREST BY 8:45 SO THEY CAN WALK WITH THE GROUP/COUNSELORS.**
- 8:45am Walk with counselors to CRWC – **RUNNING SHOES (NO FLIP FLOPS), SWIMSUIT, AND GOLD IOWA SWIM CAMP SHIRT**
- 9:00am Campers meet in pool stands
- 9:00-11:30am Stroke Talk and Drill Session  
- Breaststroke
- 11:30am Walk with counselors to Hillcrest Hall for lunch
- 11:30-1:00pm Lunch at Hillcrest Marketplace
- 1:15pm Walk with counselors to CRWC
- 1:30-4:00pm Pool/Dryland Training Session
- 4:00pm Walk with counselors to Hillcrest Hall
- 4:15pm Commuter Pick Up at Hillcrest – Check out with counselor in front of Hillcrest, or Martha Lounge if raining
- 4:30-7:00pm Dinner at Hillcrest Hall – **Residents Only**
- 7:15pm Commuters dropped at Hillcrest  
(optional)
- 7:30pm Walk with counselors to CRWC
- 7:45-8:45pm Open Swim in Leisure Pool
- 8:45pm Walk with counselors to Hillcrest Hall
- 9:00pm **COMMUTERS DEPART FROM HILLCREST**
- 9:30pm MANDATORY FLOOR MEETING – Residents Only

### **THURSDAY**

- 6:45-8:15am Breakfast at Hillcrest Marketplace – **for residents only**
- 8:45am **COMMUTERS DROPPED OFF AT HILLCREST BY 8:45 SO THEY CAN WALK WITH THE GROUP/COUNSELORS.**
- 8:45am Walk with counselors to CRWC – **RUNNING SHOES (NO FLIP FLOPS), SWIMSUIT, AND FAVORITE SWIM TEAM SHIRT**
- 9:00am Campers meet in pool stands
- 9:00-11:00am Stroke Talk and Drill Session  
- Butterfly
- 11:00am Camp Relays!
- 11:30am Camp Wrap-Up
- 12:00pm Walk with counselors to Hillcrest Hall for **Check-Out**