

# Crimson Camp 2016

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## Weekend Itinerary

### Friday, June 17, 2016

- 2:00 pm**            **Check-In Begins**  
Clinic check-in will take place at Blodgett Pool; we will have a table set up outside the pool doors facing North Harvard Street. Please bring suit, cap, towel, re-usable water bottle and everything else you will need for the day.
- 2:30 pm**            **Welcome by Coach Minnis**  
Coach Minnis will welcome the campers and give everyone an idea of what to expect from the camp over the weekend. We will split the campers into groups at this time based on age.
- 3:00 -7:00 pm**    **Water Session #1**

### Saturday, June 18, 2016

- 8:00 am**            **Check-In at Blodgett pool**
- 8:15 am**            **Opening + Stretch Session**
- 8:30-11:30 am**    **Water Session #2**
- 11:30-12:30 pm** **Lunch – provided by Crimson Camp**
- 12:30–1:00 pm**    **Chalk Talk**  
Coach Minnis and Coach Churnside will talk about certain phases of the game and how we break down our offense and defense here at Harvard.

**1:00-4:00 pm      Water Session #3**

**4:00 pm              Snack Break – provided by Crimson Camp**

**4:45-7:30 pm      Water Session #4**

## **Sunday, June 19, 2016**

**8:00 am              Check-In at Blodgett pool**

**8:15 am              College Talk**

**8:45 am              Stretch Session**

**9:00-11:00 am      Water Session #5**

**11:00–11:45 am    Lunch – provided by Crimson Camp**

**11:45 am              Set Up/Warm Up**

**12:15-1:30 pm      Games**

**1:30-2:00 pm      Closing & Good Bye for the Crimson Camp**