

2026 NIKE CAMP - University of Maryland

Daily Schedule

Tuesday, July 21

Day 1

12:30 PM--	Camp Check In (ALL campers)	Cumberland Hall
2:00 PM--	Swim Session 1	Eppley Rec Center
	- Assess abilities & divide into groups	<i>All coaches</i>
	- Freestyle Tech	<i>Coach Preste & Boyle</i>
4:00 PM--	Go change!	
4:30 PM--	Intros, Expectations & Systems	<i>All coaches</i>
5:00 PM--	DINNER	Yahentamitsi Dining Hall
6:00 PM--	Team Games & Fun time!	
7:00 PM--	Counselor Orientation	
8:30 PM--	Overnight start prepping for bed	Cumberland Hall
8:30 PM--	Extended Day Campers Pick Up	Cumberland Hall
9:00 PM--	In Bed, Lights Out	Cumberland Hall

Wednesday, July 22

Day 2

7:00 AM--	Wakeup Call	Cumberland Hall
7:15 AM--	Depart for Breakfast as a group	Cumberland Hall
7:20 AM--	BREAKFAST	Yahentamitsi Dining Hall
8:00 AM--	Extended Day Campers Arrive	Eppley Rec Center
8:30 AM--	Swim Session 2	Eppley Rec Center
	- Freestyle Recap	<i>All coaches</i>
	- Backstroke Tech	<i>Coach Bosse & Jansen</i>
10:30 AM--	Go Change!	
11:00 AM--	Swim Lecture	<i>Coach Garase</i>
12:00 PM--	LUNCH	Yahentamitsi Dining Hall
1:00 PM--	Downtime & Games	Cumberland Hall
2:00 PM--	Swim Session 3	Eppley Rec Center
	- Backstroke Recap	<i>All coaches</i>
	- Underwater Kick	<i>Coach Saiz & Cochrane</i>
4:30 PM--	Dryland Circuit	<i>Coach Steel & Preste</i>
5:00 PM--	DINNER	Yahentamitsi Dining Hall
6:00 PM--	Team Games & Fun time!	
8:30 PM--	Overnight start prepping for bed	Cumberland Hall

Camp Director: Coach Hannah Saiz
C: 330-718-4847

Wednesday, July 22 Cont.

Day 2

8:30 PM--	Extended Day Campers Pick Up	Cumberland Hall
	In Bed, Lights Out	Cumberland Hall

Thursday, July 23

Day 2

7:00 AM--	Wakeup Call	Cumberland Hall
7:15 AM--	Depart for Breakfast as a group	Cumberland Hall
7:20 AM--	BREAKFAST	Yahentamitsi Dining Hall
8:00 AM--	Extended Day Campers Arrive	Eppley Rec Center
8:30 AM--	Swim Session 4	Eppley Rec Center
	- Underwater Kick Recap	<i>All coaches</i>
	- Butterfly Tech	<i>Coach Garase & Steel</i>
10:30 AM	Go Change!	
11:00 AM	Swim Lecture	<i>Coach Saiz</i>

12:00 PM Lunch

Yahentamitsi Dining Hall

1:00 PM--	Downtime & Games	Cumberland Hall
2:00 PM--	Swim Session 5	Eppley Rec Center
	- Butterfly Recap	<i>All coaches</i>
	- Breaststroke Tech	<i>Coach Boyle & Jansen</i>
4:30 PM--	Dryland Circuit	<i>Coach Bosse & Cochrane</i>

5:00 PM-- DINNER

Yahentamitsi Dining Hall

6:00 PM--	Team Games & Fun time!	
8:30 PM--	Overnight start prepping for bed	Cumberland Hall
8:30 PM--	Extended Day Campers Pick Up	Cumberland Hall
	In Bed, Lights Out	Cumberland Hall

Friday, July 24

Day 2

7:00 AM--	Wakeup Call	Cumberland Hall
7:15 AM--	Depart for Breakfast as a group	Cumberland Hall
7:20 AM--	BREAKFAST	Yahentamitsi Dining Hall
8:00 AM--	Extended Day Campers Arrive	Eppley Rec Center
8:30 AM--	Mini Meet Warmup	Eppley Rec Center
9:00 AM--	Mini Meet Begins	
10:30 AM	Camp Wrap Up & Go Change	
11:00 AM	Say goodbyes & Check out	