

# **NATIONAL SQUAD SWIMMING CAMP DECEMBER 2007**

WITH COACH ROB EMARY  
HEAD COACH BROWARD AQUATIC SWIM CLUB, FLORIDA

**All sessions will be held at the National Stadium Pool.**

**Swimmers must be ready on deck at the stated start time; swimmers who are late will not be allowed to participate.**

## **Key**

**DS**    **Development Squad**  
**JS**    **Junior Squad**  
**SS**    **Senior Squad**

Thursday Dec 27, 2007	5.00 a.m. to 8.00 a.m.	<b>Dryland &amp; Swim</b>	<b>JS &amp; SS</b>
Thursday Dec 27, 2007	3.00 p.m. to 5.00 p.m.	<b>Swim</b>	<b>JS &amp; SS</b>
Friday, Dec 28, 2007	5.00 a.m. to 7.30 a.m.	<b>Swim</b>	<b>SS</b>
Friday, Dec 28, 2007	2.00 p.m. to 4.00 p.m.	<b>Swim</b>	<b>DS, JS &amp; SS</b>
Saturday, Dec 29, 2007	5.00 a.m. to 8.00 a.m.	<b>Dryland &amp; Swim</b>	<b>JS &amp; SS</b>
Saturday, Dec 29, 2007	3.00 p.m. to 5.00 p.m.	<b>Swim</b>	<b>JS &amp; SS</b>
Sunday, Dec 30, 2007	5.00 a.m. to 7.00 a.m.	<b>Swim</b>	<b>SS</b>
Sunday, Dec 30, 2007	2.00 p.m. to 4.00 p.m.	<b>Swim</b>	<b>DS, JS &amp; SS</b>