

# 2011 ILLINOIS & INDIANA SWIMMING OLYMPIC DEVELOPEMENTAL CHALLENGE

## FRIDAY, SEPT, 23TH

- 11:15 -11:30am: Team arrival at training facility: Indianapolis Natatorium (IUPUI)
- 11:35-12:15pm: Team Meeting/Lunch, IUPUI: Introduction of staff (subway)
- 12:30-2:00pm: Pool Session, Loosen up
- 2:30-3:00pm: Hotel Check-In: Spring Hill Suites, 601 W. Washington St., Indy, 317-972-7293
- 4:15-5:30pm: Dinner/Meeting, Milano Inn: Training Goals and Expectations for the weekend!
- 6:00-8:00pm: Pool Session
- 8:30-9:15pm: Team Meeting, NCAA Building: Coaches Present; Goal Setting, ABC's of Mental Toughness, Competitive Athlete's Nutrition, Post-Race Thought Process & Nutrition
- 10:15pm: Lights Out

## SATURDAY, SEPT, 24<sup>TH</sup>

- 7:15-8:00am: Team Breakfast, Hotel
- 8:30-11:00am: Pool Session
- 11:30-1:00pm: Team Meeting/Lunch, IUPUI: Rich Bishop Presents, Coaches presentation; Values of Stretching, Bringing Speed to Your Training "THE DARK SIDE"
- 1:10-2:30pm: Athlete rest/study time
- 3:00-5:00pm: Pool Session
- 5:30-6:30pm: Team Dinner, Milano Inn: Olympian Mark Gangloff
- 7:00-9:00pm: Team Meeting & Social, NCAA Building: Rick Bishop/Mark Gangloff Present.
- 10:15pm: Lights Out

## SUNDAY, SEPT, 25<sup>TH</sup>

- 7:30-8:40am: Team Breakfast with Mark Gangloff, Hotel, and Hotel Checkout.
- 9:00-11:30am: Pool Session
- 11:45-1:00pm: Team Lunch/Closing Meeting with Rick Bishop and Coaches at IUPUI.
- 1:00-1:15pm: Athlete Pick up/Team Departure, IUPUI