The typical training day will consist of three sessions with a lunch and dinner break. The camp will conclude with a Mock Meet and New Dive Exhibition where each diver will demonstrate the skills they learned or improved over the week. Parents, please plan on attending the last day.

<table>
<thead>
<tr>
<th>Session I</th>
<th>8:30 am – 11:00 am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch Break</td>
<td>11:15 am – 1:00 pm</td>
</tr>
<tr>
<td>Session II</td>
<td>1:00 pm – 3:30 pm</td>
</tr>
<tr>
<td>Dinner</td>
<td>5:30 pm – 6:30 pm</td>
</tr>
<tr>
<td>Session III</td>
<td>6:30 pm – 7:30 pm</td>
</tr>
<tr>
<td>Fun Games</td>
<td>7:30 pm – 8:30 pm</td>
</tr>
</tbody>
</table>

### Day 1, Thursday

**Introduction and open diving**

- 3:00 pm – 4:00 pm Introductory meeting
- 4:00 pm – 4:40 pm Dry land exercise in three groups (spotting belt)
- 4:45 pm – 6:00 pm Water stations – 40 dives total (1m – 15, 3m – 15, platform – 10)
- 6:30 pm Dinner
- Followed by dorm check-in
- 8:00 pm Group games
- 9:00 pm Curfew

### Day 2, Friday

**Basics and fundamentals**

#### Session I

- 7:30 am – 8:00 am Breakfast
- 8:30 am – 9:30 am Group picture & brief morning meeting
- 9:30 am to 11:00 am Three stations in the water (30 minutes each station):
  - *1m – St, hurdle and back take off, basic dives in tuck position 2-3 each
  - *3m – St, hurdle and back take off, lineups, and basic dives in any position 2-3 each
  - *PL – Side workout, approach, back jumps, lineups (a, b, c) 2-3 each
  - (Filming during workout)
- 11:15 am – 1:00 pm Lunch break on deck

#### Session II

- 1:00 pm – 1:30 pm Dry land exercise in three groups (spotting belt)
- 1:30 pm – 3:30 pm Three stations in the water (30 minutes each station):
  - * 1m – Review the am workout plus existing required dives 2-3 each
  - * 3m – Review the am workout plus existing required dives 2-3 each
  - * PL – Review the am workout plus existing required dives 2-3 each
  - (Filming during workout)

#### Session III

- 5:30 pm – 6:30 pm Dinner on deck
- 6:30 pm – 7:30 pm Video analysis and lecture (Goal setting)
- 7:30 pm – 8:30 pm Fun games
- 9:00 pm Curfew
### Day 3, Saturday — New optional dive lead ups

#### Session I

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 am – 8:00 am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:30 am – 9:30 am</td>
<td>Brief morning meeting&lt;br&gt;Dry land exercise in three groups (spotting belt)</td>
</tr>
<tr>
<td>9:30 am – 11:00 am</td>
<td>Three stations in the water (30 minutes each station):&lt;br&gt;*1m – St, hurdle and back take off, basic dives in tuck position 1-2 each&lt;br&gt;  &gt; 103c, 104c, 5122 or 5132, 202a, 203c, 204c, 5221 or 5231, 5223, 5225, 302a, 303c, 304c, 402c, 403c&lt;br&gt;*3m – St, hurdle and back take off, basic dives in any position 1-2 each&lt;br&gt;  &gt; 103b, 203c, 303c, 403c or b, 5132d, 5231d&lt;br&gt;*Pl – Lineups (a, b, c) 1-2 each&lt;br&gt;  &gt; 103c, 104c, 202a, 203c, 302c, 303c, 401c, 403c (Filming during workout)</td>
</tr>
<tr>
<td>11:15 am – 1:00 pm</td>
<td>Lunch break on deck</td>
</tr>
</tbody>
</table>

#### Session II

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 pm – 1:30 pm</td>
<td>Dry land exercise in three groups (spotting belt)</td>
</tr>
<tr>
<td>1:30 pm – 3:30 pm</td>
<td>Three stations in the water (30 minutes on each station):&lt;br&gt;* 1m – Complete the am workout plus existing opt dives 2-3 each&lt;br&gt;* 3m – Complete the am workout plus existing opt dives 2-3 each&lt;br&gt;* Pl – Complete the am workout plus existing opt dives 2-3 each (Filming during workout)</td>
</tr>
</tbody>
</table>

#### Session III

<table>
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<th>Time</th>
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<tbody>
<tr>
<td>5:30 pm – 6:30 pm</td>
<td>Dinner on deck</td>
</tr>
<tr>
<td>6:30 pm – 7:30 pm</td>
<td>Video analysis and lecture (Come out techniques)</td>
</tr>
<tr>
<td>7:30 pm – 8:30 pm</td>
<td>Fun games</td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Curfew</td>
</tr>
</tbody>
</table>
— Day 4, Sunday —
Learning day
New optional dives

Session I

7:30 am – 8:00 am  Breakfast
8:30 am – 9:30 am  Brief morning meeting
9:30 am – 11:00 am  Three stations in the water (30 minutes on each station):

*1m – St, hurdle and back take off  1-2 each
   New optional dive lead ups then optional dives  2-4 each
*3m – St, hurdle and back take off  1-2 each
   New optional dive lead ups then optional dives  2-4 each
*Pl – Lineups (a, b, c)  1-2 each
   New optional dive lead ups then optional dives  2-4 each

(Filming during workout)

11:15 am – 1:00 pm  Lunch break on deck

Session II

1:00 pm – 1:30 pm  Dry land exercise in three groups (spotting belt)
1:30 pm – 3:30 pm  Three stations in the water (30 minutes on each station):

* 1m – Complete the am workout plus existing opt dives  2-3 each
* 3m – Complete the am workout plus existing opt dives  2-3 each
* Pl – Complete the am workout plus existing opt dives  2-3 each

(Filming during workout)

Session III

5:30 pm – 6:30 pm  Dinner on deck
6:30 pm – 7:30 pm  Video analysis and lecture (Mental toughness)
7:30 pm – 8:30 pm  Fun games
9:00 pm  Curfew
### 2018 TROJAN DIVE CAMP
Training Outline

— Day 5, Monday —
Learning day
Continue new optional dives

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
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<tbody>
<tr>
<td>7:30 am – 8:00 am</td>
<td>Breakfast</td>
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</tbody>
</table>
| 8:30 am – 9:30 am | Brief introductions  
Dry land exercise in three groups (Spotting belt) |
| 9:30 am – 11:00 am | Three stations in the water (30 minutes each station):  
*1m – St, hurdle and back take off  
New optional dive lead ups then optional dives  
1-2 each  
*3m – St, hurdle and back take off  
New optional dive lead ups then optional dives  
1-2 each  
*Pl – Lineups (a, b, c)  
New optional dive lead ups then optional dives  
1-2 each  
(Filming during workout) |
| 11:15 am – 12:30 pm | Lunch Break on deck |

### Session II

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
</table>
| 1:00 pm – 1:30 pm | Dry land exercise in three groups (spotting belt)  
Three stations in the water (30 minutes each station):  
* 1m – Complete the am workout plus existing opt dives  
2-3 each  
* 3m – Complete the am workout plus existing opt dives  
2-3 each  
* Pl – Complete the am workout plus opt existing dives  
2-3 each  
(Filming during workout) |
| 1:30 pm – 3:30 pm | Three stations in the water (30 minutes each station):  
* 1m – Complete the am workout plus existing opt dives  
2-3 each  
* 3m – Complete the am workout plus existing opt dives  
2-3 each  
* Pl – Complete the am workout plus opt existing dives  
2-3 each  
(Filming during workout) |

### Session III

<table>
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<td>5:30 pm – 6:30 pm</td>
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</tbody>
</table>
| 6:30 pm – 7:30 pm | Video analysis and lecture (Dive sheet and meet routines)  
Fun games |
| 7:30 pm – 8:30 pm | Video analysis and lecture (Dive sheet and meet routines)  
Fun games |
| 9:00 p.m.      | Curfew                                                                   |
2018 TROJAN DIVE CAMP
Training Outline

— Day 6, Tuesday —
Mock meet and new dive exhibition

7:30 am – 8:00 am  Breakfast
8:30 am – 9:00 am  Dry land exercise in three groups (spotting belt)
9:00 am – 11:00 am

*1m – New dives for scores 1-2 each (40 min)  1-2 each
*3m – New dives for scores 1-2 each (40 min)  1-2 each
*Pl – New dives for scores 1-2 each (40 min)  1-2 each

(Filming during the mock meet)

11:00 am to 12:00 pm  End of the camp review and group picture
Pizza and drinks will be provided