

ILLINOIS/WISCONSIN SWIMMING ELITE MEET

January 6-8, 2012

ATHLETE'S SCHEDULE

FRIDAY, JANUARY 6, 2012

11:00 – 11:20 AM Athlete's Check-In at REC PLEX, PLEASANT PRAIRIE, WI.

11:30 – 12:15 PM Team Meeting/Introductions and Lunch, Lakeview Room, Rec Plex.

12:30 – 2:00 PM Pool Training Session, Loosen Up.

2:30 – 3:00 PM Hotel Check-In: HOLIDAY INN EXPRESS HOTEL & SUITES.

(7887 94TH AVE, PLEASANT PRAIRIE, W, 53158. / 262-942-6000)

4:30 – 6:30 PM Pool Training Session

6:50 – 8:00 PM Team Dinner/Meeting: Recap of Day/Adjustments, Overview of Saturday, Lakeview Room.

8:30 – 9:45 PM Team Meeting: Rick Bishop Presenter & Team Building Game. Hotel

10:15 PM LIGHTS OUTS!

SATURDAY, JANUARY 7, 2012

7:20 – 8:00 AM Team Breakfast at Hotel.

8:30 – 11:00 AM Pool Training Session.

11:20 – 12:30 PM Team Lunch/Meeting (Nutrition)Lakeview Room.

1:00 – 2:30 PM Athlete Rest & Study Time.

3:00 – 5:00 PM Pool Training Session.

5:30 – 6:40 PM Team Meeting: Goal Setting & Progression to the National Team. Conference Room, Hotel.

7:00 – 9:00 PM Team Dinner & Guest Speaker Maggie Meyer, Hotel Conference Room.

10:15 PM PRE-PACK & LIGHTS OUT!

SUNDAY, January 8, 2012

7:20 – 8:30 AM Team Breakfast and Check-Out: HOLIDAY INN EXPRESS

9:00 – 11:30 AM Pool Training Session.

11:45 – 1:00 PM Team Lunch and Closing Meeting, Lakeview Room.

1:00 – 1:15 PM Athlete Pick Up: **REC PLEX, MUST Sign Out With A Manager Before Departing!**