



SPIF MASTERS SUMMER CAMP – PRELIMINARY PROGRAM

We will work on all different groups, 100/200/300/400/500/600.
You'll get more information during the camp.

FRIDAY – Focusing on the basics – lines and starts

14.00-15.10 Dryland practice

15.15-17.15 Diving Practice

17.30-19.00 Prehab/Rehab session with Sara and Joanna

SATURDAY –

9.00-10.30 Dryland practice

10.45- 12.15 Diving practice

12.15-14.00 **LUNCH** at the pool cafeteria

14.00-14.45 Dryland Practice

14.45-16.15 Diving Practice

16.45-17.45 Flexibility with Sara and Joanna

18.30 Dinner at Pazzi, Östgötagatan 65

SUNDAY –

09.00—10.30 Dryland practice

10.30-11.30 Diving Practice

12.00-13.30 **LUNCH** at the pool cafeteria

13.00-14.00 Dryland Practice

14.00-15.00 Diving Practice