

2018 Central Zone Diversity Select Camp and Summit

Hosted by the Mason Manta Rays and Ohio Swimming

Camp Itinerary

Thursday, June 21, 2018

9:00 am-1:00 pm	Arrive at Cleveland Hopkins International Airport and take shuttles to Cleveland State University. Shuttle will make runs every 30-40mins. From 9am-1pm.
9:30 am-2:00 pm	Check-in at dorm and eat lunch
2:00-3:30 pm	Ice breaker, team-building, social activities
4:00-6:00 pm	Pool Session #1
6:15-7:00 pm	Dinner
7:15-8:30 pm	Presentation #1 TBD (Team Building or Leadership Topic)
8:30 pm	Return to dorms
9:30 pm	Lights Out

Friday, June 22, 2018

7:00-7:40 am	Breakfast
8:00-10:00 am	Pool Session #2
10:20-11:40 am	Presentation #2 DiSC Introduction – Mr. Jeff Raker
12:00-12:45 pm	Lunch
1:00-2:15 pm	Presentation #3 TBD (Nutrition, Mental Swimming, Goal Setting, etc)
2:30-3:00 pm	Dryland
3:15-5:15 pm	Pool Session #3
5:30-6:30 pm	Dinner
7:00-9:30 pm	Team Social (Indians Game?) or Presentation #4 TBD
9:30 pm	Return to Dorms
10:00 pm	Lights Out

Saturday, June 23, 2018

7:00-7:45 am	Breakfast
8:00-10:00 am	Pool Session #4
10:20-11:30 am	Presentation #4 Personal Accountability – Mr. Jeff Raker
11:45 am-12:45 pm	Lunch
1:00-2:15 pm	Presentation #5
2:30-4:30 pm	Pool Session #5
4:45-9:00 pm	Team Social (Rock&Roll HOF)
9:00 pm	Return to Dorms
10:00 pm	Lights Out

Sunday, June 24, 2018

7:00-8:15 am	Breakfast and Camp debriefing
8:15-8:30 am	Check out of dorms and get on shuttle to airport
9:00 am	Arrive at airport

***ITINERARY IS SUBJECT TO CHANGE BASED ON SPEAKER AVAILABILITY AND WILL BE UPDATED AS SPEAKERS AND ACTIVITIES ARE CONFIRMED