



CAMEL SWIM CLUB

CREATING AN ENVIRONMENT THAT MOLDS
INDIVIDUALS INTO CHAMPIONS
IN BOTH COMPETITION AND IN LIFE
BY FOCUSING ON THE GROWTH OF THE WHOLE SWIMMER
AND EMPOWERING EACH ATHLETE WITH
SELF-DISCIPLINE AND SELF-ESTEEM

Super Set Sunday # 4 100/100's Challenge Sunday, January 14 @ 3:00 PM

CAMEL's fourth "Sunday Super Set", the 100/100, is scheduled for Sunday, January 14. Bactrians and Alpacas (that enjoy distance challenges) are invited to join the older practice groups for an age appropriate version of the challenge. Due to the nature of the 100/100 challenge, practice times will be longer than typical, and are as follows:

- Dromedaries: No Practice on Sundays
- Bactrians: 3:00 - 4:45p (50 50's)
- Alpacas: 3:00 - 5:30p (75 75's)
- Llamas: 3:00 - 6:00p (100 100's)
- Guanacos: 3:00 - 6:00p (100 100's)
- Vicunas: 3:00 - 6:00p (100 100's)

Swimmers should be suited up, on deck, and in the water warming up by 3:00 PM. Due to the structure of the challenge, swimmers arriving after 3:05 will not be able to participate in the challenge, and instead will practice, self-directed, in the diving well. The challenge will begin promptly at 3:15.