

Sunday, June 7 – Arrival, Check-In & Team Bonding

**Location: Black Hills State University (BHSU),
Spearfish, SD**

- **Humbert Hall, 1210 University St, Spearfish, SD 57783**
- **Athlete arrival and dorm check-in 2-4**
- **Room assignments and unpacking**
- **Team bonding activities and team cookout**
- **Informal team introductions and expectations**
- **Evening recovery and lights out**

Monday, June 8 – Team Camp

- **Breakfast**
- **Morning practice session**
- **Lunch**
- **Afternoon practice session**
- **Dinner**
- **Team meeting and recovery**

Tuesday, June 9 – Team Camp

- **Breakfast**
- **Morning practice**
- **Lunch**
- **Afternoon practice**

- **Dinner**
- **Swimming night at a local fresh water pond**
 - **Kayaks**
 - **Rope swing**
 - **Paddle boards**
 - **slide**
- **Travel briefing and packing instructions**

Wednesday, June 10 – Travel Day

Travel: Spearfish, SD → Layton, UT

- **Breakfast**
- **Light morning workout / stretch**
- **Load vans and depart from BHSU**
- **Midday travel stop at Saratoga Hot Springs or Thermopolis pending...**
- **Continue travel toward Utah**
- **Evening arrival in Layton, UT**
- **Hotel check-in**
- **Team meeting, recovery, and lights out**

Overnight: Hampton Inn – Salt Lake City/Layton

Thursday, June 11 – Training & Weigh-Ins

- **Breakfast at hotel**
- **Morning team workout**
- **Lunch**

- **Official weigh-ins (no allowance)**
- **Dinner**
- **Team strategy meeting and rest**

Friday, June 12 – Competition Day 1

Location: Legacy Events Center – Farmington, UT

- **Breakfast**
- **Depart for venue**
- **Pool rounds begin**
- **Team meals and recovery**
- **Evening team meeting**

Saturday, June 13 – Finals & Return Travel

- **Breakfast**
- **Placement rounds and finals**
- **Awards**
- **Load vans and return travel to South Dakota**
- **Kids will either shower at the arena or we will stop at Echo State Park just outside of Salt Lake City.**