

Summer Swim Camp Information

Dear Parents and Swimmers,

Congratulations on a successful Short Course Season. All the swimmers have grown by leaps and bounds from September. What now you may ask. For those of you that are seasoned swim parents the answer is simple summer swim camp. All of you new swim parents probably have a lot of questions. What are swim camps? Which one is the best? How much time is spent at camp? Are they overnight or just during the day?

Swim camps differ depending on the institution holding the camp. Some camps are half day while others are a full day or overnight. The camps usually last about four to five days in length. Each camp is developed by the coaches that will be holding the clinic and depending upon their philosophy the camps focus may be different from one another. Which is the best? Well that depends on the swimmer. All camps are beneficial for the socialization of your child with other children in the sport. The level of the swimmer will determine the level of the camp you may want to seek out. If in doubt the coaches will be able to steer you toward or away from a particular camp, after all they know your child's abilities better than anyone.

This letter is meant to give you information on the different camps that some of our swimmers have completed in the past. The camps here have been recommended by some of our great swim families.

The details are as follows:

Central New York Regional Swim Camp at Le Moyne College:

Week One – June 28th to July 1st:

This week will focus on the long axis strokes, freestyle and backstroke. Each stroke will be broken down and re-taught from the basics. The staff will work with each athlete to focus on body position and hand placement to improve efficiencies in the water. Each athlete will be video taped above and below water to pin point areas where development is needed. Finally, athletes will be introduced to the Le Moyne Swim Team's dryland regiment.

Week Two – July 12th to July 15th:

This week will focus on the short axis strokes: breaststroke and butterfly. The coaching staff will focus on the modern techniques of the two strokes. Each athlete will be shown how to properly move the hips and shoulders that dominate the power of today's stroke. Each athlete will be video taped above and below water to pin point areas where development is needed. Finally, the athletes will work through the more advanced

dryland techniques that propel Le Moyne swimmer's to NCAA Division II Championships.

Coaches: The Le Moyne College Staff, The CNY Aquatics, ACSA Certified Staff, former and current swimmers

Time: 8:30am-1:30pm

Cost (per camper): \$175/week; \$310 both weeks

*Includes t-shirt and flash drive with underwater video

Campers should bring a water bottle and workout gear including sneakers for the dryland regiment.

Information: (315) 446-1409

medleyaquatics@gmail.com

Total Performance Sports Camps:

Kenyon College (OH)

June 6 - 10: Comprehensive Camp Week 1

June 13 - 17: Comprehensive Camp Week 2

June 20 - 24: Comprehensive Camp Week 3

June 6 - 10: Sprint Specialty Camp

June 13 - 17: Breaststroke Specialty Camp June 20 - 24: IM Specialty Camp

Colgate University (NY)

June 25 - June 28: Sprint Specialty Camp June 28 - July 2: Comprehensive Camp

Franklin & Marshall College (PA)

June 13 - 17: Comprehensive Camp Week 1

June 20 - 24: Comprehensive Camp Week 2

Davidson College (NC)

June 20 - 24: Fly/Back Specialty Camp

June 27 - July 1: Breaststroke Specialty Camp

Calvin College (MI)

June 20 - 24: Comprehensive Camp Week 1

June 27 - July 1: Comprehensive Camp Week 2 June 20 - 24: Sprint Specialty Camp

Coach: Jim Steen

Total Performance Sport Camps (TPSC) was founded in 1980 by up-and-coming Kenyon College coach, Jim Steen. In the 29 years since their founding, both PSC and Jim Steen have gone on to great success.

Coach Steen has distinguished himself as the most successful coach in NCAA history having helped the Kenyon men and women to a combined 51 NCAA titles, 350+ All-American awards, and the most NCAA post-graduate scholarship winners of any program in the country.

Translating this same commitment to world-class instruction and intimate learning environments, Total Performance Swim Camps have been equally successful having partnered with 1,000's of swimmers, from the most developmental levels to Olympic champions, in their quest for Total Performance.

TPSC offers two distinctive camp models for young swimmers: 1) Comprehensive Camps for the developing swimmer eager to increase his or her understanding of all of the strokes; and 2) Specialty Camps are designed to help experienced swimmers master their particular disciplines.

For more information: Log onto www.tpscamps.com or contact them via email at pat@tpscamps.com . You may also call 419-884-2134.

Saints Swim Camp:

Description:

At Swimming Camp, you will be shown stroke drills, see the strokes on film as demonstrated by USA National Champions. You will hear lectures on stroke mechanics, conditioning principles, nutrition, motivation, race strategies and much more. Campers will take home a written stroke analysis and a stroke videotape.

All Swimmers will be involved in daily practice sessions using the latest training methods which include: swimming, race strategy, dry land exercises, drills for all four strokes, anaerobic/sprint training, aerobic/endurance training, flexibility exercise and interval training.

Weeks 1 and 2: All Swimmers will be involved in daily practice sessions using the latest training methods which include swimming; race strategy; dry land exercises; drills for all four strokes; anaerobic/sprint training; aerobic/endurance training; flexibility exercises; interval training. There will also have presentations in weight training, proper nutrition, mental training and the physiology of swimming.

Week 2: Specifically designed for the modified, JV or high school swimmer who wants to get an early start on conditioning and stroke mechanics. It will be exciting, challenging advanced methods of training that will be the perfect preparation for the start of the school swim season. This is exclusively a commuter camp. No residency offered.

Program Information:

coed • ages 9-17 (open to swimmers from age nine to those who have completed their junior year in high school. NCAA rules exclude graduated high school seniors) • day or

residential

Resident or Commuter- June 27 - July 1, 2010

Commuter Only - July 25 - July 29, 2010

Cost- Please check website link www.stlawu.edu/athletics/summersports/swim

Camp Director is Bob Clemmer, Head Swim Coach at St. Lawrence University

For more information: Contact Bob Clemmer at (315) 229-5884 or

rclemmer@stlawu.edu

*Enrollment will be limited. Reserve your space early to insure participation. Residential fee includes four nights lodging in a University dormitory and meals. Commuter fee includes all instruction and lunch. Commuters are welcome to return after dinner to participate in any recreational activities. A 9:30 p.m. pick up is mandatory.

Alfred University:

Description:

The Alfred University Swim Camp is designed to enhance the technical aspects of stroke, training, and the strategies needed for each camper to compete at the top level of competitive swimming. Technical instructions, stretching and dry land training, training principles and stroke development are an integral part of the program. Each athlete will be videotaped and receive a DVD with stroke analysis. Additional advanced workouts will be available for competitive swimmers who are in training.

In the evenings, campers enjoy planned recreational activities which may include indoor and outdoor games, movies, visits to nearby Foster Lake for picnics and campfires, hiking, social gatherings at the Terra Cotta Coffee House and a farewell party on the last night. Living, dining and learning together, students have ample opportunity to get to know each other and develop lasting friendships.

Program Information:

coed • grades 7-12 • residential or commuter • July 5-9, 2010 • enrollment deadline: June 1, 2010 • cost :\$425 residential, \$275 commuter • team and early bird discounts available

Contact:

Office of Summer Programs

Alfred University

Saxon Drive

Alfred, NY 14802

Telephone: (607) 871-2612

Email: summerpro@alfred.edu

Web Site: www.alfred.edu/summer

Cornell University Skill Development Swim Camp:

Description:

Skills Development Camps are best suited for swimmers who have at least one year of competitive experience at the USS, YMCA or interscholastic level. It is designed to enhance skill technique of all four competitive strokes, starts and turns. Campers must be comfortable being in the pool for an hour at a time. Resident campers ages 10-12 must attend camp with a friend(s) as roommates.

Camps include swimming workouts, dryland training in power yoga, and instruction in the use of weight training equipment. In addition, underwater video stroke analysis, technique drills and “chalk-talks” on nutrition, dryland training and sports psychology will be offered. Each camper will receive a written evaluation and view tapes of their strokes at the end of each session. Upon the request of the camper a written evaluation will be generated for the swimmer’s personal coach. Campers will participate in our evening recreation program (see important information). The camp is held at the Cornell University main campus in Ithaca, New York.

Program Information:

Skills Development Camps:

coed • ages 8-18 • day or residential • June 27-July 1, July 11-15, 2010

cost: early enrollment): Residential \$429, Commuter \$309

Contact:

Cornell University Sports School

103 Bartels Hall, Campus Rd.

Ithaca, NY 14853

Telephone: (607) 255-1200

Web Site: www.athletics.cornell.edu/camps

Hartwick College Competitive Swimming and Diving Camp:

In its 31st summer, the Hartwick College competitive swimming & diving camps are set to provide male and female swimmers and divers ages 8 to 18 an opportunity to develop skills and techniques under the guidance of a highly trained coaching staff. Special two- and three-week sessions are available.

All three swimming weeks feature stroke technique camps. The second session will be the sprint and distance camp, which emphasizes conditioning and proper training of the major energy systems along with race strategies. The diving camp is a weeklong session, which concentrates on technical improvement in 1-and 3-meter springboard diving. This camp session will incorporate the use of two 1-meter boards, two 3-meter boards, trampoline with belts, and dry board with belts. AAU Diver/Athlete membership is required. If not a current member, a \$20 membership fee must be paid at the opening session. Campers who are AAU members are asked to bring their membership card to the opening session.

The stroke technique camps enable competitive swimmers to develop skills and techniques in starts, turns, individual medley, and competitive strokes. Enrollment limit guarantees individual attention (1 to 6 ratio, staff to camper).

Designed for serious swimmers and divers, the camp teaches the latest in swimming and diving techniques in a fun-filled setting. Time is provided for relaxation and the program includes a pizza and movie night, and a trip to a local state park.

The camp will help swimmers learn the mental and physical aspects of meet preparation, as well as all the new technical aspects of competitive swimming (strokes, starts and turns). Training includes lactose tolerance, anaerobic threshold, maximum oxygen consumption, and speed and race pace training. Campers ages 9 and under follow the same schedule but with a more relaxed, fun-filled approach by a specific coach.

The camp also focuses on the psychology of swimming and diving, nutrition, dry-land training, weight training, relaxation and visualization. Stroke work and analysis of above- and below-water DVD are also part of the schedule.

Respected USS, YMCA, high school and college coaches provide individual guidance and instruction during the camp, with written critiques in each camper's log book and analysis of above and underwater videotaping of each stroke. National and Olympic-level swimmers and coaches will be on hand and serve as guest speakers.

Dale Rothenberger, Hartwick's swimming & diving coach, directs the camp. In 25 seasons at 'Wick, Rothenberger has coached many All-Americans, including a two-time national champion

Boys and Girls, Ages 8-18

June 27-July 2, 2010

(Springboard Diving Camp)

July 11-17, 2010

(stroke technique camp)

July 18-24, 2010

(stroke technique, sprint/distance camps)

July 25-31, 2010

(stroke technique camp)

Commuter: \$435 Resident: \$535

Note: Two- and three-week sessions are available

For more information: Go to [Hartwick Men's Swimming & Diving](#) or [Hartwick Women's Swimming & Diving](#)

2010 Wolverine Swim Camp at the University of Michigan:

This is a wonderful swim camp, but there is a huge amount of information on the website. Rather than copy the entire site follow the link below.

http://www.wolverineswimcamp.com/Wolverine_Swim_Camp/Home.html

HEDERA SWIM CAMP 2010

Located at Dartmouth College in the Spaulding and Karl Michael Pools

June 22-25, 2010

The Hedera Swim Camp is located on the campus of beautiful Dartmouth College in Hanover, New Hampshire. The Camp for boys and girls ages 10-18 focuses on stroke technique, stretching and dryland training, starts and turns, training principles and race

preparation. Camp staff includes Jim Wilson, Dartmouth Men's Coach and assistant coaches Jenn Verser and Jesup Szatkowski plus coaches from the New England area and current and past members of the Dartmouth swimming teams. Campers will take home written stroke analysis, individual videos and a camp T-shirt. Cost for the age group camp is \$495 for the week, room and board included; Space is limited. Call 603-646-3433 or e-mail ivyswimcamp@Dartmouth.edu for a brochure.

DIRECTOR: JIM WILSON

Camp Director and Men's and Women's Swim Coach, Jim is in his seventeenth year at Dartmouth College. An all-American freestyler, his coaching experience includes: Director of Swimming, University of Utah; Anaheim Aquatics Club Coach; CSCAA Master Coach; and Hong Kong National Team Coach. Jim has coached Olympians, World University Games Medalists, world champions, and numerous division I All-Americans.

This is your chance to learn the finer points of swimming from one of the most successful programs in New England.

ACTIVITIES FOR EVERYONE:

- Daily technique work - strokes, starts & turns
- Stretching and Workouts
- Stretching and dryland training
- Videotaping of strokes
- Written analysis of all strokes, starts & turns
- All meals for Overnighters
- Lunch for Daytime Campers
- Race Preparation
- Nutrition information
- Camp ending swim meet (parents welcome)

COSTS:

\$495 Includes meals and all overnight costs
(Includes room with linen and all meals)
(\$75 charge for lost room key)

AGES: 10 to 18 year-old boys and girls are eligible to attend.

Caitlin Nicholson, a member of DWSC, is a sophomore at Dartmouth, swims for them, and will be working at the camp this summer.

Website:

http://dartmouthsports.com/ViewArticle.dbml?DB_OEM_ID=11600&ATCLID=590287

SUNY Cortland Swim Camp:

The Red Dragon Swim Camp is designed for competitive swimmers ages 8- 17. The primary goals of the camp are twofold: one, to help swimmers improve their technical skills, and two, to help educate and motivate swimmers to encourage their progress in the sport. Swimmers are taught in a structured and enjoyable environment that emphasizes individual improvement.

The camp focuses on stroke instruction during pool sessions, videotaping utilizing underwater viewing windows, and daily swim workouts. Participants will also receive instruction in: dryland training specific to swimming, nutrition, mental preparation for competition, and race strategy. Swimmers at the high school level will also learn basic proper weight training techniques.

Participants will be broken into smaller groups based upon age and ability, which will allow for individualized instruction. Each swimmer is requested to bring a blank VHS tape, which will be used to videotape the swimmer and then can be kept as a souvenir. All groups will be instructed by collegiate and high school coaches, under the direct supervision of Brian Tobin, the Head Coach of the SUNY Cortland Men's and Women's Swim Teams.

For more information: Go to

<http://www.cortlandreddragons.com/sports/2009/1/16/sportscamps.aspx?id=98>

Hamilton College Swim Camp 2010:

There is a brochure on-line at: <http://www.hamilton.edu/athletics/summercamps.html>

The session dates are listed below. See the brochure for detailed information.

For Boys and Girls 10-17

Session #1 - July 11 - July 15, 2010

Session #2 - July 18 - July 22, 2010

Session #3 - July 25 - July 29, 2010

Camp Director: TJ Davis (315) 859-4794 tjdavis@hamilton.edu

We hope this information will be helpful to you and your family. Good luck in the Long Course Season. Have a GREAT summer. Swim Fast!

Sincerely,

Chris Feliu & the DWSC Education Committee