



SUMMER SWIM CAMP

JUNE 19 - 23
JUNE 26 - 30
JULY 10-14

What?

2017 NBAC Summer Swim Camp

Where?

Meadowbrook Aquatic & Fitness
Center

When?

June 19-23, June 26-30, July 10-14

What Time(s)

9 -5, except 9-3 on last day

Overnight Where?

Mt. Washington Conference Center

How Much?

\$950 Overnight Camp

\$785 Day

More information/Online

Registration

www.nbac.net

Or email Camp Director

John Cadigan

jcadigan@nbac.net

410-433-8300 fax 410-433-0953





Since 2007, NBAC has offered swim camps for competitive swimmers. Athletes from over 37 states and 16 foreign countries have travelled to Baltimore to learn "The NBAC Way." Our small enrollment is one reason many come back year after year. We began with one week in 2007 and slowly grew the camp to maintain high quality instruction and personal attention from NBAC coaches. We offer overnight and day camp options. In 2011, we introduced a Winter Break Swim Camp.

In 2017, NBAC, building on a 50 year tradition of excellence, is offering three weeks of Summer Camp for swimmers 9-15. We cover all four strokes, goal setting, injury prevention and management, nutrition, mental training, video analysis and dry land training. Each day has two pool sessions for instruction and training. All meals are included (lunch only for day campers).

Campers receive a cap, t-shirt, end of camp summary of talks and instruction, and experiences that will motivate athletes of all abilities to achieve the next level of success in swimming.

Some feedback from recent camps:

"Many thanks to NBAC for running an exceptional camp!"



"Thank you for having provided my son with an unforgettable experience that will last a lifetime. Speaking to him about his days at the swim camp you realize that this was probably one of those rare life changing events, which has motivated him like nothing else he has done in the past and has given him a new perspective on the sport he loves so much."



"I just wanted to say that my daughter, thought that swim camp was fantastic! She attended the first week and thought the coaches and instructions were excellent.

Her swimming technical skills have improved dramatically and she has since made 3 long course zone times as a 13 year-old."



"My son had a great time at camp week one. He is fired up to swim and achieve some new goals. You run a very impressive program."

