



University of Rochester 2014 Swimming Technique Camp



Competitive Swimmers ages 9-17

June 23-27 Technique Camp 9:00-3:00PM

June 27-29 Residential Start & Turn Camp

August 4-8 Advanced Technique for HS

August 11-15 Advanced Technique for HS

Camp Mission

Our camps are designed to teach the latest advances in swimming technique, starts, turns, core strength development, and creating a powerful mindset for competition. Benefits of attending our camp include:

- * IMPROVED STROKE LENGTH & STROKE RATE
- * FASTER STARTS & TURNS
- * NUTRITION, MENTAL & DRYLAND TRAINING
- * WRITTEN EVALUATIONS & VIDEO ANALYSIS
- * COMPREHENSIVE PACKET OF INFORMATION

Camp Fees

June camps \$345.00
August camps \$225.00

Health Care & Insurance

A physician's statement of camper's ability to participate in camp and proof of insurance is required. A school/sports physical within one year of camp start date is acceptable. Proof of medical insurance (company name and policy number) and **a signed waiver accepting responsibility for medical treatment cost for illness or injury is also required.**



Residential Camp June 27-29

June 27 4PM Registration & Dorms
5PM Skills, Drills & Analysis
6PM Dinner
7PM Skills, Drills & Analysis
June 28 7AM Optional Workout
8AM Breakfast
9AM-8PM Skills & Drills & Analysis
June 29 7AM Optional Workout
8AM Breakfast
8:30AM-12N Skills, Drills & Analysis

Daily Schedule Technique Camp June 23-27

Review & Film Study
Dryland for Kinetic Chain Development
Technique Work & Videotaping in Pool
Nutrition, Sport Psychology, Race Strategy
Lunch (bring bag lunch)
Fun & Games
Technique Work & Video Analysis

Advanced Technique/HS Prep

Underwater videotaping & Intensive Drills
Linking Drills to full stroke
Physiology of swimming training
Sport Psychology Skills

ROCHESTER





University of Rochester Swimming Technique Camps 2014



Coaches

Peter Thompson, Head Men's & Women's Swimming Coach at the 18th ranked University of Rochester, will be directing all sessions both on deck and in the classroom. During his 30 year career Pete has taught and developed numerous National Qualifiers, State Champions, Team Champions, NCAA Qualifiers & Conference champions, including one Olympian. His natural enthusiasm and passion for swimming will motivate each camper to learn and succeed in and out of the water.

Additional college coaches and athletes will be present on deck during all sessions.

Facilities

University of Rochester Speegle-Wilbraham Aquatic Center is an 8 lane 25 yard by 25 meter facility.

To contact Pete directly;
pthompson@sports.rochester.edu

Name of Applicant: _____
 Age: _____
 Address: _____
 City: _____ State: ___ Zip: _____
 Telephone Number(____) _____
 Grade or Year in School this coming Sept.: ____
 Years of Competitive Swimming: _____
 Best Strokes & Times: _____

Session Registration

- ____ Session I June 23-27 Technique Camp
- ____ Residential Camp June 27-29
- ____ Session III August 4-8 HS Prep
- ____ Session IV Aug. 11-15 HS Prep

Must be **paid in full at time of registration.**

Signature: _____

If there is an Emergency Call: _____

Parents Consent: I hereby give my consent for the above named to participate in all activities of The Ultimate Athlete Swim Camp. I understand that participating in swimming and other camp activities involves risk of injury or other harm. All such risks are being assumed knowingly and voluntarily. I will not hold the school district, its employees and agents responsible for any injury or other harm that results from participation in the Swim Camp unless the injury or harm is caused intentionally or by gross negligence. I hereby acknowledge that I have the appropriate medical/accident insurance coverage on my participating child. My child is in good health and has no physical condition that would prevent her from participating in the Swim Camp. I authorize you to administer needed first aid and to seek medical attention in the case of an emergency.

Name: _____

Signature: _____

