Technique Camp, Week 1
(Grades 5 - 12)
July 6 - 10

Technique Camp, Week 2
(Grades 5 - 12)
July 13 - 17

Varsity Conditioning Camp
(Grade 8 - 12 only)
August 10 - 14

Register online at www.rochesterswimcamp.com

Checks made out to University of Rochester Swim Camp
Camp Director

Head Coach
Emily Wylam

University of Rochester

Wylam finishes her first year as head coach at University of Rochester after serving as an Associate Head Coach for Case Western Reserve for 4 years and assistant for 2 years at the University of the Pacific. She has coached high caliber athletes to 51 school records, two UAA individual champions, 35 All-UAA performers (finishing third or higher in an event), 60 NCAA provisional qualifiers, three NCAA qualifiers, and five All-Americans. She served as an age group coach from 2005 - 2010 with Coast Guard Blue Dolphins in Yorktown, VA and Tiger Aquatics in Stockton, CA. Wylam has coached club athletes ranging from junior olympic to senior national standards.

She graduated from Ohio University in 2008, where she finished her collegiate career as a four-time Mid-American Conference champion in the 100-yard and 200-yard backstroke. She set a MAC record in 100 Backstroke in 2006. Wylam is a certified strength and conditioning coach, and oversees all coaching aspects within the program.

“*This camp is designed to enhance technical knowledge and training opportunities; preparing age group/semen level athletes to excel as prospective college athletes. My daily lectures will give our campers a unique perspective into elite level swimming within all aspects of the sport, college recruiting, nutrition, race planning and meet preparation*”

Additional Contact Info

Emily Wylam ewylam@sports.rochester.edu
Kevin Howard khoward6@sports.rochester.edu
Renee Rosenkranz rrosenkranz@sports.rochester.edu

Emily Wylam Office (585) 275-4883
Assistant Office (585) 275-9569

Facility

In the summer of 2012, the pool underwent a major renovation including a re-surfacing of the pool, updated locker rooms, and a state of the art filtration system. Features of the Speegle-Wilbraham Aquatics Center include:
- 8 lane 25-yd. x 25 m competitive swimming pool
- Separate diving well
- Vasa Trainers, Power Towers and Power Racks

Typical Day of Camp

Camp Check In (Monday only)
8:00 - 8:30
Pool Session 1
8:30 - 10:30
Pep talk with Coach Wylam
Drill Based
Dryland
11:00 - 12:00
Lunch
12:00 - 1:00
Daily Lecture
1:00 - 2:00
Nutrition, recruit process, race prep
Pool Session
2:00 - 4:00
Training Based
Athlete Pick-up
4:00 - 4:30

Lunch will be held in the campus dining hall that caters to all dietary needs/restrictions

Camp includes a complimentary T-shirt and opportunities for above and below water filming

1-on-1 Coach lessons available for $40
Stroke feedback DVD available for $30

Camp Costs

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<thead>
<tr>
<th>Camp</th>
<th>Fee</th>
<th>Deposit</th>
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<tbody>
<tr>
<td>Technique Camp, Week 1</td>
<td>$425</td>
<td>$100</td>
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<td>(Grades 5 - 12)</td>
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<td>Technique Camp, Week 2</td>
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<td>Varsity Conditioning Camp</td>
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<td>(Grades 8 - 12)</td>
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Registration deadline is June 1, 2015, registration after June 1st will be considered depending on availability. $100 deposit is nonrefundable.