

Registration

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Emergency Phone _____

Email _____

Grade entering Fall 2017 _____

Age _____ Male _____ Female _____

Shirt Size (adult unisex) S M L XL

.....
Primary Events _____

Club Team _____

HS Team _____

How did you hear of us?

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Camp	Fee	Deposit
<input type="checkbox"/> Technique Camp I July 10 - 14 (Grades 5- 12)	\$375	\$100
<input type="checkbox"/> Technique Camp II July 17 - 21 (Grades 5 - 12)	\$375	\$100
<input type="checkbox"/> Varsity Conditioning Camp Aug 7 - 11 (Grades 8 - 12)	\$350	\$100
<input type="checkbox"/> 1-on-1 Lesson	\$40	

Credit card payments are accepted and can be made in person at our facility

www.rochesterswimcamp.com

Complete the camp waiver form at
www.rochesterswimcamp.com

Checks made out to *University of Rochester Swim Camp*

Rochester Swimming
University of Rochester
Goergen Athletic Center
Rochester, NY 14627



University of Rochester Swimming Day Camp 2017



Technique Camp I
July 10 - 14
Technique Camp II
July 17 - 21
Varsity Conditioning Camp
(Grade 8 - 12 only)
August 7 - 11

Goergen Athletic Center
Rochester, NY 14627

Camp Director



Head Coach

Emily Wylam

University of Rochester

Wylam finishes her third 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 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.



Technique Camps 1 & 2

Our technique camps will work to strengthen your camper's competitive swim skills and introduce young swimmers to nutrition, recruiting and race preparation lectures. These weeks will work towards refining technique and reinforce good habits during workouts.

Additional Contact Info

Emily Wylam ewylam@sports.rochester.edu

Emily Wylam Office (585) 275-4883

Assistant Office (585) 275-9569



Varsity Conditioning Camp

Right in time before the start of the Girls HS and Club Season! Varsity Conditioning week is meant to prepare high school swimmers for their HS and club seasons.

This week will incorporate drill based learning with higher yardage and emphasis on conditioning

Coaching Staff



Renee Rosenkranz

University of Rochester Asst Coach

Rosenkranz finished her third year at U of R. During her career she earned 11 All-America honors at Emory University and achieved 2 Honorable Mentions. In a three-year career at Emory University (2011-2013), she was a member of four national championship winning relays (twice in the 200 free relay, twice in the 400 free relay). Emory won three national championship team titles during Rosenkranz's career and she still owns a DIII national record in the 400 relay. She works directly with sprinters and breaststrokers



Dominic Ziolk

University of Rochester Asst Coach

Ziolk finishes his first year at U of R. Ziolk was a 2015 graduate of Wheaton College (Mass.) where he earned a degree in History while minoring in Political Science. While at Wheaton, he was a member of the Lyons swimming program and swam primarily the breaststroke. He works directly with the men's and women's distance swimmers, middle distance freestylers and 400IMers.

Typical Day of Camp

Camp Check In (<i>Monday only</i>)	8:30 - 9:00
Pool Session 1	9:00 - 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

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



Camp includes a complimentary T-shirt

1-on-1 Coach lessons available for \$40

Camp Costs

	Fee	Deposit
Technique Camp I July 10 - 14 (Grades 5 - 12)	\$375	\$100
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\$100 deposit is nonrefundable.