



# University of Rochester 2009 Swimming Technique Camp



Competitive swimmers ages 9-17

Session I: June 29- July 3 8:45-3:00PM

Session II: July 6- July 10 8:45-3:00PM

Session III: August 3-7 7:30-11:30AM

*Girls High School Preparation*

Sport Psychology School 3:15-4:00PM/ 11:45-12:30PM

## Camp Mission

The University of Rochester Technique 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

Session I & II Fee's are \$275.00 per camper.

Session III ( High School ) is \$175.00 per camper.

Sport Psychology School cost is an additional \$75.00

## Health Care & Insurance Requirements

**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.** Please include proof of medical insurance and physicians statement with this registration.



## Daily Schedule

- 8:45AM- Review previous session
- 8:55AM- Preview of upcoming session
- 9:05AM- Core body strength development
- 9:30AM- Skills & Drills in pool. Videotaping
- 11:30- Daily Lecture  
Nutrition, Sport Psychology, Race Strategy
- 12:00- Lunch ( bring bag lunch )
- 12:30PM- Fun & Games
- 1:00PM – Video Analysis
- 2:00PM- Skills & Drills in pool.
- 3:00PM- Dismiss
- 3:15-4:00- Sport Psychology School (\$75)

**LIMIT; 32 CAMPERS PER WEEK.**

**10% DISCOUNT IF REGISTERED BEFORE MAY 1<sup>ST</sup>.**

**ROCHESTER**



**Coaches**

Peter Thompson, Head Men’s & Women’s Swimming Coach at the University of Rochester, will be directing all sessions both on deck and in the classroom. During his 24 year career Pete has taught and developed numerous National Qualifiers, State Champions, Team Champions, NCAA Conference champions, and 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**

All pool sessions are held at the Speegle-Wilbraham Aquatic Center on the University of Rochester River campus. The pool is an eight-lane 25 yard by eight-lane 25 meter with a depth of 5 feet in the shallow end and six feet in the deep end. Practice lanes are ten feet wide and provide for ample training space. We have a separate diving well used for one and three meter spring board competition, with a depth of 13 feet.

**Pick up & Drop off**

Since parking is at a premium on campus it is recommended that you drop off and pick up your child on Library Road, directly across from Fauver Stadium. Campers can then enter the Goergen Center at the main entrance and walk to the pool.

**Mail Payment & Registration to:**

University of Rochester Swimming Technique Camp  
Department of Athletics and Recreation  
Robert B. Goergen Athletic Center  
University of Rochester  
Rochester, NY 14627-0296  
Attn: Pete Thompson, Head Swimming Coach

To contact Pete directly;  
[pthompson@sports.rochester.edu](mailto:pthompson@sports.rochester.edu)

**2009 Yellow Jacket Swim Camp**

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 29-July 3  
\_\_\_ Session II July 6- July 10  
\_\_\_ Session III August 3- August 7 ( HS )

Team Name: \_\_\_\_\_  
Team discounts of 10% will be given to teams with eight or more people registering at the same time.

Camp Costs: \$275. 10% discount before May 1<sup>st</sup>. \$500 for two sessions. 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 University of Rochester 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 University, 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: \_\_\_\_\_

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