

# Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Emergency Phone \_\_\_\_\_

Email \_\_\_\_\_

Grade entering in 2015 \_\_\_\_\_

Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Shirt Size (adult unisex)  S  M  L  XL

Primary Events \_\_\_\_\_

Club Team \_\_\_\_\_

HS Team \_\_\_\_\_

How did you hear of us?  
\_\_\_\_\_

Camp	Fee	Deposit
<input type="checkbox"/> Technique Camp, Week 1 July 6 - 10 (Grades 5- 12)	\$425	\$100
<input type="checkbox"/> Technique Camp, Week 2 July 13 - 17 (Grades 5- 12)	\$425	\$100
<input type="checkbox"/> Varsity Conditioning Camp Aug 10 - 14 (Grades 8 - 12)	\$375	\$100
<input type="checkbox"/> Stroke Feedback DVD \$30	<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](http://www.rochesterswimcamp.com)

Complete the camp waiver form at  
[www.rochesterswimcamp.com](http://www.rochesterswimcamp.com)

Checks made out to *University of Rochester Swim Camp*

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



## University of Rochester Swimming Day Camp 2015



**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

University of Rochester  
Goegen Athletic Center, Rochester, NY 14627

# 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/senior 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 rosenkranz@sports.rochester.edu

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

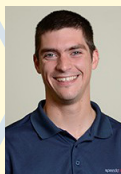
# Facility



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

# Coaching Staff



Kevin Howard

University of Rochester Asst Coach

Howard finishes his third year on the U of R staff, returning to Rochester after graduating in 2011. Prior to his return to Rochester, Howard was an assistant for Whitman College in Washington. Howard was a four-time NCAA provisional qualifier, and five-time record holder during his collegiate career at Rochester. He works directly with the men's and women's distance swimmers, long middle distance swimmers, and 400IMers.



Renee Rosenkranz

University of Rochester Asst Coach

Rosenkranz is finishing her first year at U of R after coaching at Hartwick College. During her career she earned 11 All-America honors at Emory University and achieved 2 Honorable Mentions. In a three-year career at Emory (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 still owns a DIII national record in the 400 relay. She works directly with sprinters and breaststokers.

# Typical Day of Camp

Camp Check In ( <i>Monday only</i> )	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

Technique Camp, Week 1 July 6 - 10 (Grades 5 - 12)	\$425	\$100
Technique Camp, Week 2 July 13 - 17 (Grades 5 - 12)	\$425	\$100
Varsity Conditioning Camp Aug 10 - 14 (Grades 8 - 12)	\$375	\$100

Registration deadline is June 1, 2015, registration after June 1st will be considered depending on availability. \$100 deposit is nonrefundable.