

Yellow Jackets Sprint Swim Camp

Baldwin-Wallace College

June 16-20, 2008

Ages 12-18

9:00am-5:00pm

- **Work directly and learn from successful B-W Coaches and swimmers**
- **Improve on your technique in all four competitive strokes**
- **Each day will focus on a Morning Sprint Session and an Afternoon Stroke Session**
- **Emphasis on Technique drills, strokes, turns, starts, relays, etc.**
- **Campers will be educated on topics such as: nutrition, dryland, strength/core training, injury prevention, and Sprint Power rack**
- **Cost of camp is \$300, which will include: a t-shirt, swim cap, lunch, DVD and liability insurance.**
- **Please bring a couple of towels, bathing suits, caps, goggles, a lock, tennis shoes, shorts, and a t-shirt to camp.**

Camp Itinerary:

9am-10am Dryland Session

10am-12noon Sprint Pool Session (*M-F*)

12noon-1:30pm Lunch

1:30-2:30pm Classroom Session (*Nutrition, Injury Prevention, etc*)

2:30pm-5:00pm Stroke Pool Session

(*Mon-Backstroke; Tues-Butterfly; Wed-Breaststroke; Thurs-Distance; Fri-Mid-Distance*)

Each swimmer will receive a Comment/Development Report from the coaches on each stroke, copy of Taping Session. Taping Session will be all four strokes viewed from an underwater camera

The Yellow Jackets Summer Swim Camp is being held at the Lou Higgins Center on B-W's campus off E Bagley Road. You can find directions to the complex on-line at <http://www.bw.edu/quickfacts/directions/rec/>. Confirmation of payment will be sent to your e-mail address listed on the application below. Any questions, please contact:

Sara Gildea
Baldwin-Wallace College
275 Eastland Road
Berea, OH 44017
(440) 826-2387
sgildea@bw.edu



Swim Camp Application

June 1st Deadline

Campers Name: _____

Cell Phone (in case of emergency): _____

Grade Level: _____ Date of Birth: _____

E-Mail Address: _____

Current HS/USS/Y Team: _____

Adult T-Shirt Size: (Please Circle) XS S M L XL

Address: _____

Cost: \$300 per camper

Make Checks payable to: B-W Swimming

Home Phone: _____

Payment is due in full to reserve spot.

