



GOWDY SWIM CAMP

2008

COMPETITIVE SWIMMING DAY CAMP

FOR BOYS & GIRLS
AGED 9-18

JULY 7-11
8:30AM-3PM



Objective:

The basic objective of the camp will be to expose all swimmers, regardless of ability level, to techniques and mechanics currently used by top level NCAA and USS programs. Basic stroke mechanics and techniques of starts, turns, and all four competitive strokes will be the focus of the camp. Swimmers will value the concentrated yet fun atmosphere, and small group instruction that our talented and enthusiastic collegiate coaching staff will introduce to the athletes.

Camp Highlights:

- 2 Daily Pool Sessions designed to teach better **technique** and **training** skills.
- Daily Dry-Land Skills session.
- Daily classroom sessions covering training philosophy, stroke technique, goal setting, race strategy, nutrition and more.
- Friday swim meet using electronic timing system.
- Stroke Analysis for all 4 strokes with **Individual DVD video to take home.**
- Camp T-shirt

Daily Schedule:

Camp will begin promptly at 8:30 AM each morning and will end at 3:00 PM. **Friday, July 11th, the camp will end at 12:00 PM.** Please arrange to pick your son/daughter up on time at the end of each day. Lunches are not provided so **campers are either required to bring their own lunch or bring money for the school café.**

Facility:

The Wheaton College Balfour Natatorium is a state of the art 8 Lane 40 meter facility with a movable bulkhead. The Natatorium has a newly installed underwater speaker system that allows coaches to give immediate feedback to swimmers while they are swimming! Other equipment campers will have access to include starting blocks, power rack, swim bench, and swimming stretch cords.

COACHING STAFF:

JP GOWDY

- Camp Director
- Head Coach Men's/Women's Swimming, - Wheaton College
- 10 years swimming coach experience - all ages.
- Bachelors of Arts-Middlebury College
- Masters in Phys Ed.-Springfield College
- Former NCAA National Champion & Canadian Olympic Trials Qualifier
- All-American Triathlete

Mary Ellen McLaughlin:

- Men's/Women's Swim Coach,
- 13 Years coaching experience
- Former Head Coach Men's & Women's Swimming at MIT & Middlebury College.
- B. of Science - U. of New Hampshire
- New England Div. III Women's Coach of the Year - 1990 & 1996,
- Division III NCAA Women's Coach of the Year 1996.
- Has coached over 10 All-American college swimmers

APPLICATION FORM:

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

HOME PHONE _____

AGE _____

SWIM TEAM _____

COACH _____

BEST EVENT _____ TIME _____

BEST 100 FREE TIME _____

T-SHIRT SIZE: Adult Sizes S M L XL

FEE:

\$220.00 - for the entire week of instruction
(Includes Camp T-Shirt and Individual DVD
Video:

Refund Policy:

If you are unable to attend the camp and give notice on or before June 27th, your registration fee will be refunded less a \$50 administration fee.

Parent's Signature

Date

PARENT/GUARDIAN PERMISSION

I/We the undersigned, hereby acknowledge and understand that the "Gowdy Swim Camp" is a privately run sports camp and is not operated by or through Wheaton College.

I hereby authorize the staff of *Gowdy Swim Camp* to act for me according to their best judgement in any emergency requiring medical attention and I hereby waiver and release *Gowdy Swim Camp*, its coaches, director and medical staff from any and all liability for any injuries or illness incurred while at camp. Any expense arising from injury or illness is the responsibility of the person signing below.

** It is very important we have the following information:*

Insurance Provider _____

Policy # _____

Signature _____

Date _____

Return the completed application with enrollment fee to:

**Gowdy Swim Camp
c/o JP Gowdy
Wheaton College
Norton, MA 02766**

-Please make checks payable to "Gowdy Swim Camp"

****SPACE IS LIMITED to 50 CAMPERS**
REGISTER NOW!**

