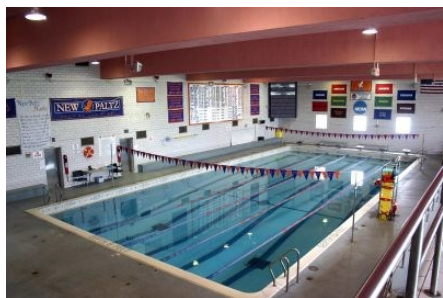




New Paltz Elite Swim Camp Sunday-Wednesday July 12-15, 2015

Overnight camp and day camp available



For all competitive Swimmers ages 9-18

whitbecs@newpaltz.edu

845-257-2671

Register Online:

<http://www.nphawks.com/>

In "Inside Athletics" Dropdown Menu

CAMP INFORMATION

The New Paltz Elite Swim Camp is a 4-day, highly technical, learning and training program designed to help swimmers improve quickly and efficiently. The swimmers will watch videos on proper stroke technique of all four competitive strokes, then practice technique with drills and instruction. All swimmers will be filmed swimming each stroke and then have that video critiqued to point out both strengths and areas in need of improvement.

The swimmers will also learn tips for improvement from some of the top local coaches through lectures and demonstrations, and will also have some fun with some games and dryland.

This camp is ideal for both young swimmers looking to improve their places at summer club meets, or for highly trained swimmers hoping to qualify for a state or zone championship. At minimum, swimmers must have a knowledge base of all 4 strokes and have at least one season of swimming experience.

Our coaching staff is excited, knowledgeable and energetic. Each swimmer will walk away from the camp having had fun and also improved their knowledge of the sport.

OVERNIGHT CAMP INFORMATION

Cost: \$270 per camper (3 nights in the residence halls)

Info: Campers will stay on campus in Crispell Hall and eat 3 meals a day in the campus dining hall

Lodging: 2 swimmers will share a room. There will be 4 counselors staying in the dorms with the kids and they will have 24/7 supervision.

Evening activities: Mini-golf (Monday night) and Game night (Tuesday night). Bring money for ice cream.

DAY CAMP INFORMATION

Cost: \$150 per camper

Info: Camp will run Sunday evening and then Monday-Wednesday until 4:30pm. Lunch will be provided in the campus dining hall.

T-SHIRT:

Campers will receive a New Paltz camp T-shirt

EQUIPMENT:

Swimmers need standard suit, towel, goggles. Clothes to wear between sessions. *Campers also need a FINIS Snorkel or equivalent for drill instruction. Please contact me with details on where to buy this snorkel.*

CAMP STRUCTURE

CHECK-IN:

Sunday July 12th at 6:00pm at the Elting Gym on the campus of SUNY New Paltz. Overnight campers will move in at this time. Camp will start with a short session Sunday evening (6:30-8:00pm).

Week Schedule

Sunday-	6:00 Check in / Move in 6:30 Camp Meeting 7:00-8:00 First Session 8:30-9:00 Ice Cream Social 9:00 Day campers depart 10:00 Overnight lights outs
Mon-Wed-	7:30-8:30am Breakfast 9:00-11:30am Session 1 11:30-1:00 Lunch 1:00-2:00 Rec Activity 2:00-4:30 Session 2 4:30 day campers depart *4:30-6:00 Dinner 7:00-9:00 Evening Activity

*Camp ends 4:00 on Wednesday

CAMP DIRECTOR

Head Coach : SCOTT WHITBECK

Scott has just completed his 7th season as the Head Swimming Coach of the SUNY New Paltz Hawks. In addition to his coaching duties, he also serves as the aquatics director of the Elting Pool.

ADDITIONAL CAMP COUNSELORS:

Dan Allen — Head Coach, Pace University
Jay Daniels— Assistant Coach, Kalamazoo College
Dan Koenig - Assistant Coach, Vassar College