



2010 COMPETITIVE SWIM CAMP

Dear Camper,

I am happy to inform you that you have been accepted to attend the Hartwick College Competitive Swimming Camp.

- **HEALTH EXAMINATION FORM (INCLUDING DOCUMENTATION OF IMMUNIZATIONS AND PHYSICAL EXAMINATION WITHIN THE PAST YEAR) AND MEDICATION SHEET MUST BE SUBMITTED ONE WEEK PRIOR TO YOUR ARRIVAL TO CAMP.**
- **ANY HEALTH RELATED DOCUMENTS AND/OR MEDICATIONS (PRESCRIPTION OR OVER-THE-COUNTER) MUST BE DROPPED OFF AT THE PERRELLA WELLNESS CENTER PRIOR TO REPORTING FOR REGISTRATION.**

Daily Schedule

6:30 AM -7:30 AM	Practice (Optional)
7:30 AM - 8:30 AM	Breakfast
8:30 AM	Commuters Arrive
8:30 AM - 9:30 AM	Announcements/Warm-up/Training/Coaches' Lecture
9:30 AM - 11:30 AM	Drills/Individual Instruction/Stroke Tech. /Videotaping
11:30 AM - 1:30 PM	Lunch/Games/Activities
1:30 PM - 1:45 PM	Stroke Training/Technique/Drills
1:45 PM - 3:30 PM	Review Videotapes/ Lecture/Drills/Stroke Corrections
3:30 PM - 4:30 PM	Specialty Groups
4:30 PM - 5:30PM	Dinner
5:30 PM- 7:00 PM	Special Games and Activities
7:00 PM- 9:00 PM	Training Session in pool
9:00 PM	Commuters Depart
9:00 PM- 10:00 PM	Dorm Activity
10:30 PM	Lights Out

We are looking forward to seeing you at camp this summer. If you have any questions, please do not hesitate to contact me.

Dale Rothenberger
Camp Director
607-431-4714
rothenberged@hartwick.edu

P.S. You may also contact the Summer Sports Camps Office 607-431-7000

COMPETITIVE SWIM CAMP CHECKLIST

CAMPER'S CHECKLIST - RECOMMENDED ITEMS:

NOTE: some items listed below are specific to resident campers only

- | | |
|--|--|
| <input type="checkbox"/> BATHING SUITS, GOGGLES, FLIPPERS, PADDLES, FLIP-FLOPS, SNORKEL, SANDALS, ETC.
(and any additional swim equipment you may want to bring) | |
| <input type="checkbox"/> PERSONAL WATER BOTTLE – mandatory item | <input type="checkbox"/> window screen |
| <input type="checkbox"/> COMBINATION LOCK – mandatory item | <input type="checkbox"/> ear plugs (wax) |
| <input type="checkbox"/> sneakers | <input type="checkbox"/> soap |
| <input type="checkbox"/> sweat socks | <input type="checkbox"/> shampoo |
| <input type="checkbox"/> gym shorts | <input type="checkbox"/> toothpaste |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> brush/comb |
| <input type="checkbox"/> sweatpants | <input type="checkbox"/> fan |
| <input type="checkbox"/> light jacket | <input type="checkbox"/> cell phone |
| <input type="checkbox"/> towels | <input type="checkbox"/> sheets, pillows/blankets |
| <input type="checkbox"/> pen & pencil | <input type="checkbox"/> small clock |
| <input type="checkbox"/> laundry bag | <input type="checkbox"/> favorite music |
| <input type="checkbox"/> talent show ideas and items | <input type="checkbox"/> fins and/or zoomers |
| <input type="checkbox"/> change for phone calls, vending
Machines | <input type="checkbox"/> umbrella and/or raincoat |
| | <input type="checkbox"/> Home Coaches Questionnaire |

We will have a swim camp store open at registration, throughout the week and at the conclusion of camp (goggles, caps, flippers, suits, snorkels, paddles, etc.)

We recommend that you do not bring radios, "boom boxes", jewelry, or other valuable items. We cannot assume liability for loss of such items. Each resident camper will have a key to his/her room. We have a talent show each week, so you may want to bring certain items for this activity. We can lock these items in any coach's room. Campers are encouraged to mark clothes, swimming suits, towels, goggles, etc. to identify their own from others. If you have any questions, please do not hesitate to contact the Summer Sports Camp Office at 607-431-7000.

HARTWICK COLLEGE

2010 SUMMER SWIMMING CAMP

CAMPER QUESTIONNAIRE

PLEASE RETURN THIS FORM IMMEDIATELY UPON RECEIPT OF THIS LETTER!

Please fill out information requested below:

Name: _____

Hometown: _____

Age: _____

School/High School: _____

Session: _____

Total Years of Competitive Experience: _____

U.S.S. Club Name _____

YMCA Team Name _____

Swimmer (Strokes) _____ (Free) Sprinter or Distance _____

DVD ORDER PROCESS:

Please select the appropriate option to order your camp DVD (1, 2 or 3 weeks)...a **separate check** payable to Hartwick College must be received on or before registration.

- DVD order – 1 week - \$20.00 Yes No
- DVD order – 2 weeks - \$35.00 Yes No
- DVD order – 3 weeks - \$50.00 Yes No

PLEASE RETURN THIS FORM IMMEDIATELY TO:

*Hartwick College
Summer Sports Camp
PO Box 4020
Oneonta, NY 13820*

HARTWICK COLLEGE

SWIM CAMP

Name of Swimmer: _____

Name of Coach: _____

Team: _____

HOME COACH'S QUESTIONNAIRE

My coaching staff and I are looking forward to working with your swimmer for a week at our swim camp. Our main objectives are to reinforce what you have already taught your swimmers, and to use the amount of time we have in the water, as well as the small coach/swimmer ratio to correct "trouble spots" of the swimmers. I hope you will take a moment to write down one or more items on which you would like us to concentrate with your swimmer, i.e. start, turn in a specific stroke, head position in a specific stroke, etc. Of course we do not have all the magical cure-alls, but we will do our best. Thanks!

Dale Rothenberger

(1) _____

(2) _____

(3) _____

(4) _____

*** Please provide best times for your swimmer in yards:

50 free 50 back 50 breast 50 fly 100 free 100 IM

*** Please provide sizes for your swimmer below (Adult Sizes): Prizes!

T-shirt _____ shorts _____ swimsuit _____