

APPLICATION

CIRCLE WEEK YOU ARE APPLYING FOR

WEEK ONE June 19th – 23rd Price: \$325

WEEK TWO July 10th – 14th Price: \$325

NAME: _____

AGE: _____ DOB: _____

PARENTS NAME(S) _____

ADDRESS: _____

CITY/ZIP: _____

EVENING PHONE # _____

DAYTIME PHONE # _____

E-MAIL _____

T-SHIRT SIZE

CIRCLE ONE ADULT YOUTH

CIRCLE ONE S M L XL

MEDICAL STATEMENT

I verify that my child has been checked by a licensed physician and is physically able to participate in the Stroke & Technique Swim Camp. I agree to allow my child to be treated by a licensed physician while attending the camp, if necessary. I understand all that is stated in this brochure, including refund policy and payment information, and am willing to abide by these rules and regulations.

X _____
PARENT SIGNATURE - REQUIRED

SEND APPLICATION TO:

CHAD CRADOCK

RETRIEVER ACTIVITY CENTER-SWIM/DIVE

1000 HILLTOP CIRLCE

BALTIMORE MD, 21250

MUST INCLUDE:

\$75.00 NON REFUNDABLE DEPOSIT MADE

OUT TO: AQUA DAWG SWIM CAMP

GENERAL INFORMATION

ATHLETE AGE: 6 – 14

WEEKS: JUNE 19-23

JULY 10-14

CAMP HOURS: 9:00AM – 4:00PM

CAMP PRICE: \$325 PER CAMPER

- \$75 DUE WITH REGISTRATION
 - NON – REFUNDABLE
- \$250 DUE BY 1 WEEK PRIOR TO THE START OF CAMP
 - SLOT FORFEITED IF NOT PAID BY THAT TIME

**PLEASE MAKE CHECKS PAYABLE TO:
AQUA DAWG SWIM CAMP**

WHAT TO BRING - DAILY

SUIT – GOGGLES - SWIM CAP (GIRLS) – TOWEL (2 RECOMMENDED) – LUNCH – 2 SNACKS – WATER BOTTLE – GYM SHOES/CLOTHES - SUNSCREEN

MEDICAL/SAFETY - ONSITE

Full time staff members are certified in lifeguard training, CPR and First Aid. Full time staff members are also members of United States Swimming and have a Coaching Safety Certificate.

**“PRACTICE LIKE A CHAMPION,
SWIM LIKE A CHAMPION,
LIVE LIKE A CHAMPION!”**

ADDITIONAL INFORMATION

Typical daily schedule (may vary from day to day):

| | |
|---------|--------------------------------|
| 9:00am | Arrive |
| 9:15am | Instruction/Video in classroom |
| 10:15am | Break/Snack |
| 10:30am | Instruction in Pool |
| 11:45pm | Lunch (not included) & Movie |

On Friday, there will be a camp pizza party provided for the campers!!

| | |
|--------|---------------------------|
| 1:15pm | Game/Activity out of pool |
| 2:15pm | Break/Snack |
| 2:30pm | Instruction in Pool |
| 4:00pm | End of Day |

Each day there will be a “fun activities time” either in the pool, in a field or in the gymnasium.

ALL CAMPERS WILL TAKE HOME

The following items will be provided for the campers to take home at the end of the week:

- A camp **T-Shirt**
- A **swimming booklet**, that will highlight the information taught during the week, including nutritional tips, motivational techniques, sportsmanship information, and strength and conditioning tips.
- A **video** of themselves swimming, which will include a coach’s evaluation of the swimmer’s strokes.

For Additional Information, contact:

Coach Chad Cradock at:

Phone – (410) 455-2670

E-MAIL – cradock@umbc.edu

Camp Information

The Stroke and technique Swim Camp at UMBC will help *any level competitive swimmer* improve their skills. If you only swim for your summer team, or if you are a year round competitive swimmer and want to discover more about your sport, this is the camp for you. You will learn: the fundamentals of all four competitive strokes, how to improve your turns, be first off the blocks at the start, and how to finish your race strong.

Topics covered at the camp:

- * **Stroke Technique**
- * **Starts & Turns**
- * **Sport Nutrition**
- * **Training Philosophies**
- * **Strength and Conditioning**
- * **How to Prepare for Competition**
- * **Lifestyle Development (setting goals)**
- * **The Importance of Sportsmanship**

CAMP FACILITIES

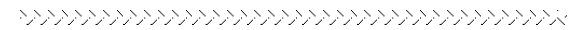
The camp is held at the University of Maryland Baltimore County campus. The main pool used is an Olympic size 50-meter outdoor pool. There are also two indoor pools for additional space. In addition, there are many spacious open areas for covering the educational topics listed above.

Camp Staff

CHAD CRADOCK Head Coach of UMBC Men's and Women's Swimming and Head Coach of the Retriever Aquatic Club. Coach Chad has been with UMBC since 1993 as a swimmer and coach. The native of Barrie, Ontario Canada attended the 1996 Canadian Olympic Trials, placing 5th in the 400meter freestyle as well as posting the top time that year in the 1500 meter free. In 1997, Cradock was named ECAC Swimmer of the meet after winning the 200, 500 and 1650 Freestyles. During his coaching tenure, UMBC has won 27 Championships in 3 different conferences while having 3 athletes qualify and compete at the NCAA National Championships. As a club coach, Cradock has had swimmers at all levels, from state, regional to national level. His Collegiate Coaching peers have voted him Conference Coach of the year 10 times since taking over in 2001.

CHRIS GIBEAU Assistant Coach of UMBC Men's and Women's Swimming. Coach Chris has been with UMBC for 16 years with a 6 year stint as Head Age Group/Head Coach with the Monocacy Aquatic Club from 98' – 04'. As a club coach, Gibeau has had athletes at all levels from State, Regional and National Level. He has also had swimmers qualify for the 2008, 2012 and 2016 USA Olympic Swimming Trials and 2010 World Championship Trials. As a college coach, Gibeau has been a part of 21 Conference Championships and has had at least 1 swimmer qualify and compete in the NCAA National Championships from 2013 to 2017. The last 3 years producing an NCAA All American.

ELYSE GIBSON CLEGG Assistant Coach UMBC Men's and Women's Swimming and Diving/Head Senior Coach Retriever Aquatic Club. In her first season with UMBC/RAC, Elyse comes to us from the Columbia Aquatic Association. During her time with CAA, Coach Elyse worked with swimmers at all levels including the State, Regional and National level. Coach Elyse has had individuals qualify for and compete in Sectionals, Junior Nationals, National Championships and the 2016 Olympic Trials. Her knowledge of technique and training athletes of all ages has been a tremendous addition to the staff at UMBC and Retriever Aquatics.



2017

AQUA DAWG

SWIM CAMP

HOSTED AT

UMBC

COMPETITIVE STROKE TECHNIQUE

STARTS & TURNS CAMP

June 19th – June 23rd

And/Or

July 10th – July 14th



www.racswim.org

