

Registration Information

Name: _____

Phone: _____

Address: _____

Gender: _____ Age: _____

Parent(s)/Guardian's Name: _____

Insurance Company: _____

Policy Number: _____

Allergies &/or Medical Conditions: _____

Emergency Contact Person: _____

Phone #: _____

(Between 9:00 am & 2:00 pm)

Authorized Individuals to Pick-up Camper(s) at 2:00 pm

(Relationship)

(Relationship)

We give permission for our son/daughter to participate in the Middlebury College Summer Swim Camp. We realize that this activity has the potential for injury and understand that Middlebury College, the camp director, nor anyone connected with the camp will not assume any responsibility for injuries, accidents, medical, dental, or other expenses incurred as a result of accidents sustained during our child's stay at camp.

(Parent(s)/Guardian's Signature)

(Date)

Typical Day's Schedule for Campers

9:00 – 9:15 am Campers get dropped off

9:15 – 9:30 am Class Session (Stroke Talk)

9:30 – 10:30 am Pool Session I

10:30 – 11:20 am Video Taping/Starts/Turns

11:20 – 11:30 pm Dress/Prepare for Lunch

11:30 – 12:00 pm Lunch

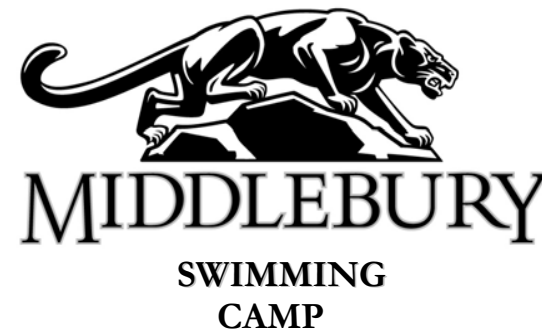
12:00 – 12:45 pm Video Review

12:45 – 1:45 pm Pool Session II

1:45 – 2:00 pm Dress/Prepare to Leave



2009



Get Ready For This Summer!

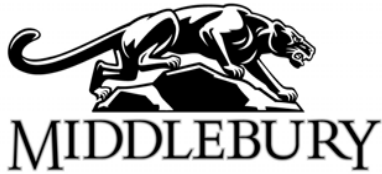
June 22nd – June 25th

Ages 9 - 18 years old

Individual Stroke Instruction

Underwater Video Taping & Review

Starts & Turn Work



Coaching Staff

Andy Weinberg / Camp Director
Assistant Swim Coach Middlebury College

Andy is in his second year at Middlebury College. Prior to Middle he was a High School Physical Education teacher and Head Girls Boys Swimming coach for 14 years. Andy was selected as the Illinois Sectional Coach-of-the-Year 6 of his 14 years. His teams a total of 11 Conference and Sectional Championships in central Illinois, and he has had 12 Illinois State Finalists and 5 High-School All-Americans. His girls' teams posted a 94-33 dual-meet record, and his boys' program was 90-24 while Andy was at the helm. Andy has also coached at the club level since 1993. As former high school and collegiate swimmer, Andy was a distance freestyle specialist who qualified for Junior Nationals. He was a A State swimmer at the high school level and State Champion in the & 1650 Freestyle events.

As the Camp Director, Andy will be overseeing all aspects of the camp to ensure a productive, fun, and safe environment for all campers to learn the proper stroke and racing techniques.

Peter Solomon / Head Swim Coach
Middlebury College

Coach Solomon, who was selected as the 2008 NESCAC Coach-of-the-Year, recently finished his 12th season as Head Swimming Coach at Middlebury College. In 2002, the Middlebury men's team won the school's first ever NESCAC Championships, and in 1999, finished in 5th place at the NCAA's. As a competitive swimmer, Solomon was an Olympic Trials and Division I NCAA Qualifier, as well as a Junior National Champion and Record Holder in the 200 Back. During Coach Solomon's tenure, he has earned New England Coach-of-the-Year honors 5 times (1996, 1999, 2002, 2005, & 2008) and has compiled over 200 dual meet victories in the past 16 years.

Coach Solomon will be on hand each afternoon to help with the video review sessions and work with the campers with their technical needs.

Athlete Information

Actual or Approximate Best Times (Yards):

25 50 100

Free _____

Back _____

Breast _____

Fly _____

Cost: \$225 per individual

Additional family members: \$175

Refunds will be given prior to June 1st, minus \$50 fee

Please make all checks out to: **Middlebury College**

Send Registration, Athlete Information, and check to:

Andy Weinberg, Swim Camp Director
Middlebury College
Memorial Field House
Middlebury, VT 05753

Camp Notes:

* Camp Capacity will be limited to **30 participants**.

* This camp is designed for competitive swimmers and is **not a learn-to-swim camp**.

* A letter will be sent out upon receipt of Registration, Athlete Information, and check which will contain additional information regarding what campers will need to bring. Any questions regarding the camp can be directed to Andy Weinberg – aweinberg@middlebury.edu.

Championship Camp Dates: July 20th – 23rd.

This camp will focus on starts, turns, and finishes of your specialty strokes prior to Leagues and States!!!

Contact Andy Weinberg with questions.

The Middlebury College Swimming Camp has as its goal the personal development of the individual skills and abilities of each camper getting ready for their League and/or State Championships. Personal attention will be paid to all participants at each level, beginner, intermediate, or advanced in order for everyone to gain the most from the experience.

Campers will be placed in training groups based on their ability level. Each day the Morning Session will focus on technique and drill work for each stroke followed by a video taping session, starts, and turns associated with that stroke. After lunch, athletes will review their videos and discuss corrections that need to be made. The Afternoon Session will give campers a chance to make corrections and incorporate those changes with additional drill work and a conditioning set.

It is our hope that every camper will go home after the camp with the knowledge, energy, and desire to continue working towards their specific goals, and with the additional preparation needed to perform well at this summer.





THE GOAL of the Middlebury Swim Camp is to help build a solid foundation to achieve the highest level of performance. The stroke camp will give athletes the opportunity to learn, practice, and have fun. The goals of the coaching staff are teaching the fastest methods for all strokes, starts, turns, and finishes.

Camp Features

- Two Water Training sessions per day focusing on stroke mechanics, drills, starts, turns, and finishes.
- Individual Stroke Instruction
- Underwater Video Taping and Review
- Great Aquatic Facility
- T-shirt

Camp Dates

- June 22-25 – Stroke Camp - \$225
- July 27-30 – Championship Camp - \$225

Campers

- Minimum Age 9
- Maximum age 18
- The camps are for competitive swimmers who can swim the four competitive strokes.

Camp Policies

- All application forms require a \$50 non refundable deposit.
- Confirmation and additional info will be sent upon receipt of application and deposit.
- Application deadline is June 5, 2009.
- Make checks payable and send to Middlebury College, Attn: Andy Weinberg, Memorial Fieldhouse, Middlebury, VT 05753.

Coaching Staff

- Peter Solomon – Head Swim Coach at Middlebury College
- Andy Weinberg – Assistant Swim Coach at Middlebury College
- Norma Leduc – Assistant Swim Coach at Middlebury College