

Medical Information

2008 Navy Swimming Camps

Camp Highlights

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2008 Navy Swimming Camps



June 12th-16th, 2008
and
June 17th-21st, 2008

Boys & Girls Ages 9-18

Directed by
U.S. Naval Academy
Head Swimming Coach
Bill Roberts

www.navyswimmingcamp.com

Sponsored by NAAA

2008 Stroke Camp June 12th-16th, 2008 and/or June 17th-21st, 2008

Ages: 9-18 Price: \$550/resident session
Each camp week ends at 12 noon.

Navy Swimming Camp is a stroke intensive camp. It is designed to help a swimmer improve in each of the four individual strokes including starts and turns. One stroke will be highlighted each session, with a session reserved for starts and turns. Training will occur in each session, with swimmers receiving individual attention. Campers will receive daily instruction in dryland activities designed to improve individual fitness levels. The Navy stroke camp has three options to choose from; resident, extended day, commuter. Extended day and residential camps include special programming each evening. Campers will be under constant and professional supervision throughout their stay. A wide range of pertinent information will be offered throughout each day. Therefore, we recommend that each swimmer bring a notepad and pen. Please see www.navyswimmingcamp.com for the typical daily schedule.



- Educational presentations each evening
- Video analysis of all four competitive strokes
- Individual and group instruction
- Navy time trials meet
- Boat cruise of Annapolis Harbor & Severn River
- Enthusiastic & experienced camp staff
- Take home materials including stroke evaluation and journal

Traveling to Annapolis

From The North

Take Interstate 95 South, exit on Interstate 695 East in Baltimore, then take Interstate 97 South exit. Follow Interstate 97 until it merges into U.S. Route 50 East.

From The South

Take Interstate 95 North, Maryland Route 2 North, and U.S. Route 301/Maryland Route 3 North Intersect U.S. Route 50. Travel East to Annapolis.

From U.S. Route 50

Exit Rowe Boulevard (Exit 24). Turn left onto Taylor Avenue/RT 450 at the intersection of Rowe BLVD and Taylor Avenue. Follow Taylor which will wind right just after you pass the 7-11 on your left and firehouse on your right. Stay in the right lane. Turn right onto King George Street. Stay straight on King George Street, which will bring you to Gate 1 of the US Naval Academy.

Air Transportation

Baltimore-Washington International Airport (BWI) is convenient to Annapolis and serves most major airlines. All flights must arrive into BWI. The camp will provide pick-up and delivery at the airport (pick-up fee not included). Please contact the Navy swimming office with flight information.

USNA Access

To drive onto the Yard, vehicles must have current Department of Defense stickers OR a day pass which grants right of entry. A day pass can be obtained at Navy Marine Corps Stadium ('53 Pavilion) on the day of check-in prior to driving onto the Naval Academy.

Applicant's Name _____
(Please print)

Medical Treatment Authorization

I/We being the legal guardians of the above applicant authorize the Navy Swimming Camp and its agents permission to request medical treatment as necessary to insure the well being of the applicant.

(Parent or Guardian Signature) (Date)

Insurance

Coverage for accidental injury is required by all participants. Please complete the health care information below.

Health Insurance Carrier: _____

Policy Number: _____

I approve of my child's attendance at the Navy Swimming Camp and certify that he/she is in good health and able to participate in the program activities. I (am/am not) attaching a statement explaining special physical limitations and/or required medication. Please indicate if your child suffers from allergies, asthma, diabetes, restricted activities, etc. In further consideration of the Navy Swimming Camp accepting this application, I/we hereby agree to save and indemnify and keep harmless the Navy Swimming Camp, its agents and employees against any and all liability, claims, judgments or demands for damages arising as a result of illnesses/injuries sustained by the applicant during or as a result of any course given the applicant of the Navy Swimming Camp.

(Parent or Guardian Signature) (Date)

Please Complete if You Would Like Information Sent to a Friend

Name _____

Street _____

City _____ State _____ Zip _____

2008 Navy Swimming Camp Information

About the Camp Director

Purpose of the Camp

Stroke Camp Application

Check In:

Check in for all camps is between 12 and 2 p.m. on day one. Commuters should arrive at 8:15 a.m. and be picked up at 4:30 p.m., except for the first and last day. Extended Day campers should arrive at 8:15 a.m. and be picked up at 8:15 p.m. (see website for more details). Check in at Navy-Marine Corps Stadium and then proceed to Lejeune Hall.

Deposits:

No cash accepted. Camp tuition is paid in full when registering. Campers having to cancel their camp registration will be refunded everything minus a non-refundable \$100.00. Any camp cancellations within 24 hours of the start of camp (12:00 p.m. on 12 and 17 June) are subject to loss of full payment.

Housing:

Out of town swimmers who request housing will stay in Bancroft Hall, the dormitory of the U.S. Naval Academy. Swimmers should bring their own sheets, blanket and pillow for a single bed. Swimmers will be roomed two, three or four per room. Accommodations are excellent. Mature, experienced male and female chaperones provide supervision in the hall and provide fun evening recreational programs.

Meals:

Breakfast, lunch and dinner are provided to residential campers in King Hall -- the U.S. Naval Academy dining hall. Lunch will be provided to Commuter campers. Lunch and dinner are provided to Extended Day campers. Snack and juice machines are located on the Naval Academy campus. Approximately \$40 per week is suggested for snacks and miscellaneous expenses.

Rules and Regulations:

Prior to arrival via email, each swimmer will be provided with the rules. While the aim of the camp is to accommodate swimmers with an enjoyable and worthwhile experience, we reserve the right to send home any swimmer who does not conduct himself/herself in a favorable manner.

Enrollment:

Resident Camp is open to swimmers who are nine and older. Commuter and Extended Day camps are open to all swimmers who are eight years and older. Swimmers of all levels and abilities are welcome. NCAA rules allow graduated seniors to attend camp.

Video Analysis:

Each year, one of the most popular aspects of the Navy camp is the opportunity for video analysis. Again in 2008, all campers will have their strokes taped and reviewed. Additionally, further video analysis is available. Information about this program is sent out with the camp confirmation letter.



Camp Director/Head Coach Bill Roberts

Bill Roberts begins his fifth season as the head coach of the Navy men's swimming program this fall, as well as his eighth year at the Naval Academy.

"The goal of our program is to provide an environment that will allow every team member to reach their potential academically, athletically and personally," states Roberts. "We want to be the premier service academy for those interested in swimming and diving in college. Additionally, it is our expectation that we will annually

compete for a conference championship while sending athletes to the NCAA and Olympic Trial meets."

Roberts has led the Mids to three-straight seasons of double-digit victories — the most for the program since winning 10 or more meets in six-consecutive years from 1984-89 — and a record during this time of 32-15. In all, his four-year record on The Yard is a lofty 40-24 and includes a Patriot League team title in each season.

While the success of the team remains the focus of the program, Navy also has consistently qualified individual athletes for national meets. The program returned to the NCAA Championship Meet for the first time in nearly a decade during his inaugural season of 2004, with four swimmers competing in a combined six individual events at the national meet and earning a pair of Honorable Mention All-America certificates in two relay events.

Additionally during the Roberts era, Navy swimmers have annually taken part in such meets as the World Championship Trials, the ConocoPhillips National Championship and the USA Swimming Spring Championship. Joe Smutz ('06) posted a qualifying time for the 2008 Olympic Trials in the 50 freestyle at the '06 Spring Championship, with Kevin Mukri ('07) qualifying for the trials in the 200 backstroke at the '07 event.

Roberts first arrived at Navy during the summer of 1997 when he joined Lee Lawrence's coaching staff as an assistant coach. In three seasons together, the Lawrence-Roberts duo guided Navy to a 27-10 record, including an 18-9 mark in the Eastern Intercollegiate Swimming League. Roberts coached Navy's 200 freestyle relay team that won the 1999 EISL title, and helped develop sprinter Clint Cornell into a 2000 Olympic Trials appearance and to the 2001 EISL 50-yard freestyle title.

A 1992 graduate of Springfield College, where he was a four-year letter-winner and served as team captain for two seasons, Roberts began his coaching career upon graduation as the head coach of the women's team at Wells College in his hometown of Aurora, N.Y. After two seasons at Wells, he served as a graduate assistant coach at East Carolina, during which time he earned a master's degree in athletic administration. In the summer of 1996, he joined the Villanova program for one year before coming to the Naval Academy.

Roberts left Navy in 2000 to become the head coach at Colgate, during which time his men's and women's teams combined to post a three-year record of 39-36.



Assistant Coach Adam Kennedy

Adam Kennedy begins his fourth season as a member of the Navy coaching staff and his sixth year as an assistant to head coach Bill Roberts.

Kennedy has guided Navy's sprint and breast-stroke groups to 15 NCAA 'B' cut times, seven individual event Patriot League titles and 22 EISL top-16 performances. His athletes have gone on to compete in national events such as the World Championship Trials and USA Swimming Championships.

In addition to his Navy coaching duties, Kennedy also serves as the assistant director of the annual Navy swimming camp, as a coach at swimming camps across the country, as the assistant coach of the Naval Academy Aquatics Club and as the head coach of the U.S. team at 2007 World Military Games.

Kennedy swam on the collegiate level at Davidson, earning four letters during his career. His prep career included swimming for Ben Davis and the Tualatin Hills Swim Club and for Sunset High School in Portland, Ore.

To offer a safe and secure environment for your sons and daughters. To provide excellent instruction and training with an emphasis in technique and skill. To provide each swimmer a fun, exciting and enthusiastic environment to come to camp.

Expect huge results by being part of the 2008 Navy

Swimming Camp this summer! We offer a unique

environment to learn and develop your competitive

strokes, including all related starts, turns and finishes.

The most important goal is to provide the very best in

individual instruction and evaluation, safety/

supervision and overall camper experience. From here,

our aim is to maximize learning opportunities geared

towards improving technique. Additional pool sessions

are offered to all needing to maintain conditioning while

at camp. The full schedule for 2008 includes video

analysis, dry land activities designed to improve

individual fitness levels, performance, training,

goal-setting and leadership presentations, and the Navy

time trials meet.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

DOB: _____ Grade(Fall '08): _____

Email: _____

Male: _____ Female: _____ T-Shirt Size: S/M/L/XL

Please Enroll Me For Acceptance In

(Check one below)

— Resident Stroke Session I, June 12-16, 2008

I am enclosing \$550 in full payment (no cash)

— Resident Stroke Compete Session II, June 17-21, 2008

I am enclosing \$550 in full payment (no cash)

— Commuter Stroke Compete Session I, June 12-16, 2008

I am enclosing \$450 in full payment (no cash)

— Commuter Stroke Compete Session II, June 17-21, 2008

I am enclosing \$450 in full payment (no cash)

— Extended Day Stroke Compete Session I, June 12-16, 2008

I am enclosing \$500 in full payment (no cash)

— Extended Day Stroke Compete Session II, June 17-21, 2008

I am enclosing \$500 in full payment (no cash)

— Resident Stroke Compete Sessions I & II, June 12-21, 2008

I am enclosing \$1100 in full payment (no cash)

Method of Payment

(you must also check which session you will be attending above)

Please charge my VISA / MASTERCARD (circle one)

Name on Card: _____

Acct#: _____ Exp Date: _____

Signature: _____

I have enclosed a CHECK or Money Order
(Make checks payable to Navy Swimming Camp)

Naval Academy Athletic Association, NAVY Swimming Camps,
566 Brownson Rd., Annapolis, MD 21402

GO NAVY

For Questions, call (410) 293-3012 or (410) 293-5834
or email Navy Swimming at:
info@navyswimmingcamp.com
www.navyswimmingcamp.com