

Providence Swimming Camps 2003

Session 1: June 23-27

Session 2: July 7-11



OBJECTIVE:

Providence Swim Camp provides a fun place for swimmers of all abilities the knowledge to improve their swimming technique. Campers will receive extensive instruction on stroke technique, turns, finishes, and starts. Swimmers will be taught in the pool and in the classroom. They will learn about nutrition, goal setting, visualization, stretching, and other concepts that will help them in and out of the swimming pool.

WHO SHOULD ATTEND CAMP?

Any swimmer ages 8 and up who have had at least one season of competitive swimming with a USS team, YMCA, Summer League, Novice League, or High School swimmer.

DAILY SCHEDULE & LOCATION:

Swimmers will be dropped off between 8:15 – 8:30 am and picked up at 3:00 pm at the Peterson Recreation Center at Providence College. Campers will have adult supervision at all times. Campers will need to provide their own lunches or purchase lunches in the PC Cafeteria. Detailed information with a daily schedule will be send to you after receipt of your registration form and deposit.

CAMP DIRECTOR & STAFF:

Michelle Gacio Harrolle, Head Coach at Providence College, is in her second year as Head Coach of the Friars. Gacio was an All-American Swimmer in the 200 & 400 IM. She has coached 10 NCAA All-American, three 2000 Olympians, and numerous Junior & National level swimmers. Gacio prides herself on great technique work – starts, turns and finishes while working with swimmers ages 3-75 years old.

“The little details that a swimmer can improve are the little details that will make them even faster!” – Harrolle

CONTACT INFORMATION:

Michelle Gacio Harrolle
Head Coach Providence College
401-865-2268
mgacio@providence.edu

REGISTRATION:

Return information slip with a \$75.00 deposit to:
Providence College – Alumni Hall
Swimming Camp
549 River Ave.
Providence, RI 02918

COST:

\$250 per session
\$229 per session – Discount if registration before March 31st
\$219 for 2nd Session or 2nd Swimmer in your family

Please make checks payable to: **Providence Aquatics**
Each Swimmer will receive a PC Swim Camp T-Shirt.

Circle your Session/s Session 1: June 23-27 Session 2: July 7-11

Camper's Name: _____ Age: _____

Street Address: _____

City, State: _____ Zip Code: _____

Parent's Names: _____

Home Phone: _____ Daytime Phone: _____

Current Swim Team: _____ Email: _____

Circle one: SM M L XL (Adult sizes) Circle one: Male Female