

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Parents Email: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Age and Grade (Fall '08) \_\_\_\_\_

Shirt Size: \_\_\_\_\_ Youth/Adult: \_\_\_\_\_

Session #1: \_\_\_\_\_ Session #2: \_\_\_\_\_

A non-refundable deposit of \$100 is required with each application and will be applied to the total fee. Please make all checks payable to: University of Richmond Swim Camp.

#### Medical Form

Please send a list of all allergies or drug sensitivities for which your child may need attention. Kindly include physician's records or statements regarding special situations.

I certify that, \_\_\_\_\_, is physically able to participate in the University of Richmond Swim Camp. I, also, give the University of Richmond camp staff permission to determine appropriate care for my child while participating at camp. I understand the camp staff will contact me in case of emergency. I agree to bear the cost of any treatment such performed.

\_\_\_\_\_  
Signature of Parent/Guardian Date

\_\_\_\_\_  
Name of Physician Phone

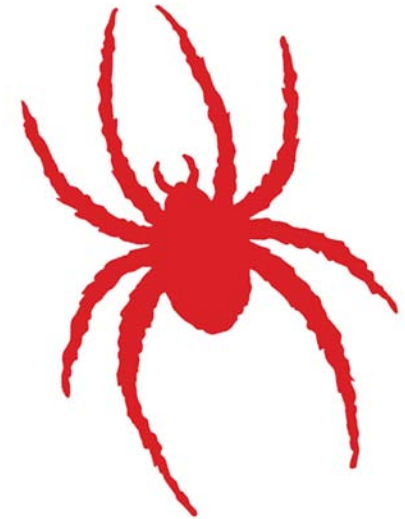
\_\_\_\_\_  
Insurance Co. Policy Number

UNIVERSITY OF RICHMOND SWIMMING  
28 WESTHAMPTON WAY  
UNIVERSITY OF RICHMOND, VA 23173

Addressee Name  
4321 First Street  
Anytown, State 54321

# SPIDERSWIM

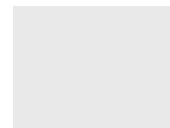
UNIVERSITY OF RICHMOND  
BOYS AND GIRLS  
SUMMER SWIM CAMP  
2008



A GREAT WAY TO START  
THE SUMMER!

WEEK #1: JUNE 15-19  
WEEK #2: JUNE 22-26

[WWW.RICHMONDSPIDERS.COM](http://WWW.RICHMONDSPIDERS.COM)



# SPIDERSWIM SUMMER CAMP 2008



## The Camp

**Who:** Ideal for summer-league boys and girls ages 6-18 looking to jump start their summer season and year-round swimmers looking to sharpen their skills. The camp will not provide swim lessons; therefore, the swimmers must have basic knowledge of the four competitive strokes.

### Sunday:

Registration and camp gift (t-shirt & swim cap) pick-up at noon. Introduction of camp staff and swim session will end at 4:00 p.m.

### Monday-Thursday:

8:30 a.m.	Campers Arrive.
8:30 a.m. – 9:30 a.m.	Dryland
9:30 a.m. – 11:30 a.m.	Swim Session
11:30 a.m. – 1:00 p.m.	Lunch & Rec
1:00 p.m. – 2:00 p.m.	Classroom Session
2:00 p.m. – 4:00 p.m.	Swim Session
4:00 p.m.	Camp ends

Dryland and Swim Sessions will aim to create good swimming habits. All aspects of competitive swimming will be covered: the four competitive strokes, starts and turns, and race strategy. Instructors will use video and other visual examples to model proper technique for the swimmers. All skill levels will be accommodated.

Lunch will be served at Heilman Dining Hall located on campus.

Summer Schedule 2008		
Dates	Time	Location
Session #1		
Jun 15, 2008	Noon – 4:00 p.m.	Robins Center Pool
June 16-19	8:30 a.m. – 4:00 p.m.	Robins Center Pool
Session #2		
Jun 22, 2008	Noon – 4:00 p.m.	Robins Center Pool
June 23-26	8:30 a.m. – 4:00 p.m.	Robins Center Pool

Registration/Fees 2008		
Session #1	Sessions #2	Deposit Due
\$300/ per child	\$300/ per child	Jun 1, 2008
Please email for UR Staff, team, additional family members, and two week rates.		

All campers will need a competitive swim suit (no two piece suit for girls; no heavy board-shorts for boys) and goggles. All swimmers will be given a cap to wear at the camp. Shorts, shirts, towels, and shoes are necessary for lunch and dryland session.

Please direct all questions to Matt Barany. Email (preferred) [mbarany@richmond.edu](mailto:mbarany@richmond.edu) Phone: 804.289.8750

## Head Coach Matt Barany

As a Richmonder, Coach Barany is proud to host the SpiderSwim Camp at the University of Richmond. Two years of summer renovations to the Robins Center pool bring a modern look to the traditional indoor campus pool and an exciting opportunity to offer camps to the community.

Coach Barany has coached in the RMAL and GRAL summer leagues in Richmond. He has coached Woodlake, Raintree, and the Dominion Club prior to becoming the head coach at Randolph-Macon College in 1999. After R-MC, he returned to his alma-mater, JMU, to coach the men's team and eventually the women's team as well. In 2005, he returned to Richmond to serve as the head coach of the Richmond Spiders.

Barany has received the A-10 Coach of the Year award in each of his three years at Richmond. The Spiders continue their successful dominance of the A-10 in winning the last 7 A-10 championships. Richmond has sent swimmers to the NCAA championship in each of the last 5 years and will send at least two swimmers to this year's Olympic Trials in Omaha in late June.

