

CAMP EMPHASIS

The Bonnies Competitive Edge Swim Camp is designed for individual and group instruction in competitive swim fundamentals and advanced stroke skills, starts, and turn techniques. Optional training workouts are available in the mornings. All of the programs are presented in a fun and enjoyable environment to maximize learning & retention. Additional group activities include Camp Olympics, Movie Night & our renown Camp Scavenger Hunt.

HIGHLIGHTS

- ◆ Individual stroke analysis
- ◆ Strength & Dry-land Training techniques
- ◆ Nutritional, Mental Training information
- ◆ Individual Stroke Evaluation by coaches
- ◆ Parent's Demonstration of stroke progressions

WHAT TO BRING: Bed linens or sleeping bag, pillow & blanket, towels, goggles, suits, sneakers, and workout clothes. All campers should bring a notebook and pencil for notes at lectures. Kickboards & pullbous will be provided.

INSURANCE: Each camper must provide proof of insurance to attend the Bonnies Swim Camp

HEALTH & SAFETY: Each camper MUST have a medical statement and release signed by a parent or guardian. Illness or injury will be cared for by our Health Director. Olean General Hospital is only 4 miles from campus.

TYPICAL CAMP DAY:

6:00-7:30	Morning workout (optional)
7:40-8:30	Breakfast
8:45-9:30	"Stroke of the Day" lecture
9:30-11:15	"Stroke of the Day" in water clinic
11:15-11:45	Video taping
12:00-12:30	Review & Olympic Moments
12:30-2:00	Lunch and rest
2:00-2:30	Videotape review
2:45-4:30	"Stroke of the Day" in water clinic
5:00-6:00	Dinner
6:15-8:45	Evening Program/workout
9:00-10:00	In dorm activity/free time
10:00	Lights Out!!!

St. Bonaventure Swim Camp
Box G, Dept. of Athletics
St. Bonaventure, NY 14778

COMPETITIVE EDGE SWIM CAMP 2008

Camp Dates
Session I July 6-11
Session II July 13-18
for boys & girls ages 9-18



Enjoy St. Bonaventure's rich tradition of Division I swimming and diving. Home of the 1993, 96, 97, 98, 99 & 2006 Atlantic 10 Champions. Both the men's and women's teams have produced conference champions, All-Americans, NCAA, Senior and Junior National Qualifiers & Olympic Trials Qualifiers. The Competitive Edge Swim Camp will be held at St. Bonaventure's Reilly Center Pool, an ideal environment for any swimmer to improve their skills and gain the *COMPETITIVE EDGE!*

Camper Feedback!!!

"Camp was the perfect combination of swimming and fun!"

"I improved and learned so much about swimming. I have memories in and out of the pool from camp that I will never forget."

Camp Directors

Sean McNamee – Coach McNamee has been at the helm of the men’s program at SBU since 1992. His teams have captured three Atlantic-10 Championship’s in ’93, ’99 & 2006) under his guidance. McNamee has been recognized by his peers as A-10 Coach of The Year, three times (’93, ’97, ’99 & 2006). His knowledge and excellent reputation as a “teaching coach” has afforded him the opportunities to work with up and coming swimmers, All-Americans, and world record holders.

Lance Brennan – Coach Brennan, coming out of his eighth year with the Bonnies was recognized by his peers as the A-10 Coach of the Year after the 2000-2001 season. Prior to SBU, Brennan was Head Coach for a two year stint at Butler University. He was recognized by his peers as the Conference Coach of the Year in 1999. Brennan returns to his alma-mater where he was a National Qualifier .

Counselors: Members of the current SBU teams will serve as counselors and assistants.

Rules & Regulations: Participants enrolled for the swim camp will be required to attend all sessions and comply with the rules and regulations of St. Bonaventure University. Any serious violation will result in immediate dismissal without a refund.

Eligibility: The NCAA has ruled that graduating high school seniors may attend summer sports camps.

Space Limited: Due to growing popularity and our desire to have the most productive environment for the campers, we are going to have to limit our campers per session. To ensure your preferred session please submit your registration form as soon as possible.

Camp Information

(Sessions are open to all participants 9-18)

Residential: The camp will begin Sunday afternoon and conclude with a parents demonstration on Friday at 11:00 am. The cost of the week long camp is \$380.00 ***Registration will take place at the Reilly Center Pool between 2:00 and 3:00 p.m. on Sunday.*** The first meal will be Sunday dinner and the last meal will be Friday breakfast. Lodging is Sunday through Thursday nights. The camp will end after the demonstration on Friday. Roommate requests will be taken. Roommates should be of similar age. **Group Discount:** for teams that send **5 or more campers for a specific session** a \$40 per/camper discount is offered to residential campers and \$20 for commuters.

Living Accommodations: Campers will be housed in residence halls on the St. Bonaventure campus. ALL RESIDENCE HALLS ARE SUPERVISED BY UNIVERSITY PERSONNEL , COUNSELORS, SECURITY, AND SWIM CAMP COORDINATORS.

Meals: Meals are prepared and served in the Hickey Dining Hall on campus. An exceptional menu with a wide assortment of foods will be prepared, with unlimited helpings that are sure to satisfy the biggest appetites.

Commuter Camp: The cost of the week long camp will be \$275.00. This includes all the amenities of the overnight camp without breakfast & dinner. Lunch is provided.

SBU Camp Contacts:

	Phone	Email
Lance Brennan	(716)375-2211	lbrennan@sbu.edu
Sean McNamee	(716)375-2254	smcnamee@sbu.edu
Fax:	(716)375-2383	

Competitive Edge Swim Camp Application Form

Name _____ DOB _____

Home Address _____

City/State/Zip _____

Phone # (Home) _____ (Cell) _____

Email Address: _____

Male Female

Camp Options: Commuter Session 1

Overnight Session 2

Club Team: _____

Roommate Preference _____

(We will accommodate all mutual requests)

T-shirt Size (Adult) S M L XL

I understand that neither St. Bonaventure University, nor anyone with the Athletic Department or Competitive Edge Swim Clinics assumes responsibility for accidents, medical, dental or other expenses incurred as a result of attending this camp. In case of injury or illness, necessary emergency treatment is authorized.

Parent/Guardian : _____

Please Print

Parent/Guardian : _____

Please Sign

MAKE CHECKS PAYABLE TO:

Competitive Edge Swim Camp
PLEASE DETACH AND SEND APPLICATIONS
AND A \$50.00 NON-REFUNDABLE DEPOSIT

TO: SEAN McNAMEE
P.O. BOX G/DEPT. OF ATHLETICS
ST. BONAVENTURE, NY 14778

ONCE YOUR DEPOSIT IS RECEIVED, WE WILL SEND YOU A CONFIRMATION OF ENROLLMENT & MEDICAL FORM.