Towering Titan Camp is designed for the serious competitive swimmer who wishes to participate in a week-long training camp while "fine-tuning" the four competitive strokes, underwater travel, and starts and turns. Major emphasis will be placed on conditioning with at least two water workouts per day. Considerable time will also be spent on technique and mechanics.

Swimmers attending this camp must be in good swimming shape upon arrival at camp and free of injury. It is strongly recommended that swimmers enrolling in this camp be at least 12 years of age for week 1. The Camp Director reserves the right to switch campers from Towering Titan to Stroke Development Camp in week 1.

WEEK 2 - TOWERING TITAN CAMP ONLY
This special Towering Titan Camp week is restricted to swimmers entering grade 7 or higher. This week is designed for serious competitive swimmers and will contain challenging workouts along with everything else offered in Towering Titan Camp. Swimmers attending this camp will be videotaped during the week. The video will be critiqued with the coaches and sent home with the camper on a jump drive.

**CAMP FEES**
- $350 per resident camper for one week.
- $600 per resident camper for two weeks.

$75 deposit is required with registration. The balance is due upon arrival. Camp deposits CANNOT be returned after June 1 for any reason.

- Commuter (campers who choose not to stay on campus overnight) rate is $325 per camper for one week.

The camp fee covers housing (for resident campers), all meals at College dining hall, insurance, t-shirt and work book, recreational activities, and awards.

**STROKE DEVELOPMENT CAMP & TOWERING TITAN CAMP HIGHLIGHTS**
- Both camps are offered simultaneously during week 1 (June 11-15).
- Instruction and analysis in the mechanics of the four competitive strokes, underwater travel, and starts and turns.
- Familiarization with workout techniques, flexibility, strength training, diet, nutrition, injury prevention, and mental preparation.
- College preparation seminar for high school swimmers.
- Nightly activities and 24-hour supervision provided.
- An athletic trainer will be on staff and local doctors are on call.
- Staff includes college, high school and age group coaches, along with Westminster Swim Team members.
- Campers will be asked to use a front mounted snorkel for various drills and practice sets. All campers will be given the opportunity to purchase a front mounted snorkel at a special discounted camp price prior to arriving at camp.

**STROKE DEVELOPMENT CAMP**
(TWEEK 1 ONLY)
Titan Stroke Development Camp is designed for the competitive swimmer who wishes to improve stroke technique and mechanics. “Fine-tuning” the four competitive strokes, underwater travel, and starts and turns will be emphasized. Swimmers attending this camp should be in good swimming shape.

**TOWERING TITAN CAMP**
(WEEK 1 OR 2)
Towering Titan Camp is designed for the serious competitive swimmer who wishes to participate in a week-long training camp while “fine-tuning” the four competitive strokes, underwater travel, and starts and turns. Major emphasis will be placed on conditioning with at least two water workouts per day. Considerable time will also be spent on technique and mechanics.

Swimmers attending this camp must be in good swimming shape upon arrival at camp and free of injury. It is strongly recommended that swimmers enrolling in this camp be at least 12 years of age for week 1. The Camp Director reserves the right to switch campers from Towering Titan to Stroke Development Camp in week 1.

**CAMP FEES**
- $350 per resident camper for one week.
- $600 per resident camper for two weeks.

$75 deposit is required with registration. The balance is due upon arrival. Camp deposits CANNOT be returned after June 1 for any reason.

- Commuter (campers who choose not to stay on campus overnight) rate is $325 per camper for one week.

The camp fee covers housing (for resident campers), all meals at College dining hall, insurance, t-shirt and work book, recreational activities, and awards.
DAY CAMP HIGHLIGHTS

- Instruction and analysis of stroke technique and mechanics. “Fine-tuning” the four competitive strokes, underwater travel, and starts and turns will be emphasized.
- Day campers should be at least 8 years old.
- Familiarization with workout techniques, flexibility, strength training, diet and nutrition, injury prevention, and mental preparation.
- Camp is in session from 9 a.m. - 4 p.m., Monday to Thursday, and lunch is included with camp fee.
- An athletic trainer will be on staff and local doctors are on call.
- Staff includes college, high school and age group coaches, along with Westminster Swim Team members.

CAMP FEES

- $175 per camper. A $75 deposit is required with registration. The balance is due upon arrival. Camp deposit CANNOT be returned after June 1 for any reason.
- The camp fee covers lunch at College dining hall, insurance, t-shirt and work book, and awards.

LOCATION

Westminster College is located in New Wilmington, Pa. It is 60 miles north of Pittsburgh, 80 miles south of Erie and Cleveland, and 20 miles east of Youngstown. It is conveniently located near two major Interstate highways I-79 (North and South), and I-80 (East and West), as well as PA Route 376 (North and South).

WESTMINSTER COLLEGE NATATORIUM

“HOME OF THE TITANS”

- Competitive pool - 45 x 75 feet
- Diving well - 45 x 47 feet
- Moveable bulkhead - pool can be set for 25 yards, 25 meters, or 40 yards
- Fitness Center
- Underwater window
- Daktronics Electronic Timing System with touchpads and an LED matrixboard.
- Kiefer-McNeil Wave Eater II lane markers
- Three Power Racks and one Vasa Swim Trainer
- Relay Start Judging Platforms

AGES & ROOMMATE REQUESTS

- All campers must be at least 10 years old for weeks 1 and 2 and 8 years old for Day Camp and Cram Jam.
- Week 2 campers must be at least entering grade 7.
- Roommate requests for resident campers attending weeks 1 and 2 will be honored if both campers indicate the same choice of one roommate on the registration form.
- Residence hall rooms will be assigned with boys and girls securely separated.
- Counselors and coaching staff will provide 24-hour supervision in the residence hall.

WESTMINSTER COLLEGE TITAN SWIM CAMP • 2017 REGISTRATION FORM

Apply early • Enrollment limited • One swimmer per form

Forms may be duplicated • Check more than one box if attending multiple camps

- Resident for Week One
  (Stroke Development, June 11-15)
- Commuter for Week One
  (Stroke Development, June 11-15)
- Day Camp
  (Ages 8+, June 26-June 29)
- Resident for Week Two
  (Towering Titan, June 11-15)
- Commuter for Week Two
  (Towering Titan, June 11-15)
- Resident for Week Two
  (Towering Titan Grades 7+, June 18-22)
- Commuter for Week Two
  (Towering Titan Grades 7+, June 18-22)

Full Name ________________________ Preferred first name ___________ M or F (circle one)
Age (as of 1st day of camp) ______ Grade (Sept. 2017) ___
Street __________________________ City ___________ State ________ Zip ________
Email Address _____________________ Daytime Phone __________ Evening Phone __________
Parent(s) Cell Phone ____________ Swim Team Name __________
Roommate Preference (one only): _____________
Will be honored only if BOTH campers indicate the same choice
Additional information will be mailed to campers upon acceptance.

A $75 deposit check for Weeks 1, 2, and Day Camp, must accompany this application. Make check payable to Westminster College and send to: Titan Swim Camp, Westminster College, Box 163, New Wilmington, PA 16172. Balance due upon arrival. Camp deposits cannot be refunded after JUNE 1 for any reason. Westminster College or the camp staff will not be held responsible for lost or stolen valuables. Credit cards cannot be accepted.

Registration forms may be duplicated.

OFFICE USE ONLY: Amt. __________ Check No. __________ Date ________

CAMP DIRECTORS

Pat Smith enters his first year as the head swimming and diving coach at Westminster for the 2016-17 season. Smith previously was an assistant coach for the Titans, a post he held for the past seven seasons. Smith was a two-time All-American for the Titans in the 200 and 400-yard medley relays. In addition to helping Westminster win three Presidents’ Athletic Conference (PAC) team championships, Smith won six PAC individual titles, including the 200 backstroke all four years during his career. He also won the 100 backstroke in 2004 and 2007 and swam on two PAC champion 400 medley relay teams.

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Coach Smith can be contacted at 724-946-7321 or by email at smithpj@westminster.edu.

Kelsey Dawson
Assistant Coach,
Mt. Lebanon Aqua Club/High School

Caitlin Lehberger-Smith
Assistant Coach,
Westminster College

Maura Reissig
Assistant Coach,
Westminster College

CAMP STAFF

Mike Barringer
Assistant Coach,
Mt. Lebanon Aqua Club/High School

Kelsey Dawson
Assistant Coach,
Mt. Lebanon Aqua Club/Middle School

Eric Mojock
Head Coach,
University of Mount Union

The above coaches will be coaching at least one week of Titan Swim Camp. Titan Swim Camps are also staffed by Westminster Swimmers.