2018 TITAN SWIM CAMP

STROKES DEVELOPMENT CAMP & TOWERING TITAN CAMP HIGHLIGHTS

- Both camps are offered simultaneously during week 1 (June 10-14).
- 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.

CAMP FEES

- $350 per resident camper for one week.
- $600 per resident camper for two weeks. A $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.

June 10–14, 2018
June 17–21, 2018
June 25–28, 2018

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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.

- The camp fee covers lunch at College dining hall, competitive pool - 45 x 75 feet, diving well - 45 x 47 feet, Kiefer-McNeil Wave Eater II lane markers, Daktronics Electronic Timing System with touchpads and an LED matrixboard.
- Additional information will be mailed to campers upon acceptance.

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 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.

WESTMINSTER COLLEGE TITAN SWIM CAMP • 2018 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
- Resident for Week Two
- Commuter for Week One
- Commuter for Week Two

Day Camp
(Ages 8+, June 25-June 28)

- Full Name ____________________________ Preferred first name ____________________________ M or F (circle one)
- Age (as of 1st day of camp) _______ Grade (Sept. 2018) _______
- City ____________________________ State _______ Zip _______
- Email Address ____________________________________________
- Daytime Phone ____________________________ Evening Phone ____________________________
- Parent(s) Cell Phone ____________________________
- Swim Team Name ____________________________
- Roommate Preference (one only) ____________________________

(Towering Titan, June 10-14)
- 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 _______

WESTMINSTER COLLEGE TITAN SWIM CAMP

CAMP DIRECTORS

Pat Smith is in his second year as the head swimming and diving coach at Westminster for the 2017-18 season. Smith, in his first season, won the PAC Coach of the Year while leading the men’s team to their third-straight PAC Championship and eighth overall in school’s history. Smith previously was an assistant coach for the Titans, a position 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.

Caitlin Lehberger-Smith Assistant Coach, Westminster College

Maura Reissig Assistant Coach, Westminster College

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

Kelsey Barringer 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.