

**Vassar College**

**Swim Technique**

**3-Day Camp**

**(8:30am-1pm)**

**For competitive**

**Swimmers ages 8-18 yrs.**

**$160/swimmer**

**Monday- Tuesday-Wednesday**

**July 1-2-3, 2019**

**8:30am-1pm**

**8:30-11:45am: Swim Session**

(VC Kresge Pool)

Lisl Prater-Lee, VC Swim Coach

**12:10-12:50pm: Lunch, included**

(VC campus Gordon Commons/ACDC dining hall)

**1pm: Camp Pick Up**

(VC campus Gordon Commons/ACDC dining hall)

**CAMP INFORMATION**

Each morning swimmers have the chance to improve swim stroke technique and technical skills and efficiency through video review, stroke drills, and training.Swimmers must be proficient in all four competitive strokes and have completed at least one year of competitive swimming on a club and/or high school team.

**New this year**!

Post morning session swim, all campers will head to Vassar’s Gordon Commons dining hall for lunch. Camper pick up is 1pm at Gordon Commons dining hall.

**Questions?**

lipraterlee@vassar.edu

845-437-7461 office phone

**COST**: $160/swimmer for

 VC Swim Technique Camp

 (8:30AM-1PM, 3 days)

**EQUIPMENT**: Suits, goggles, towels, athletic footwear, t-shirts and shorts

**DAILY SCHEDULE:**

8:30AM Drop Off (AFC Lobby)

8:45AM Stroke/Skill Intro

9:20-10:30AM Pool Session

*15-minute Break*

10:45-11:45AM Pool Session

11:45AM Fun Time (Pool)

12:10PM Swimmer Lunch

 (Gordon Commons)

1PM Pick up after Lunch

 (Gordon Commons)

**SCHEDULE BY DAY:**

Day #1: Freestyle, Backstroke

Day #2: Breaststroke, Fly

Day #3: IM, transitions, starts