

# Bates Swim Camp

## APPLICATION

Parents: A nonrefundable \$200 deposit must accompany this application.

Campers First Name Last Name

Street

City State Zip

Home Phone

Date of Birth Male/Female

Email Address (must be able to accept attachments)

Team Name Yrs of Comp. Exp.

Roommate Request (both parties must request each other)

**Adult T-Shirt Size: Small Medium Large XL**

### Session

June 21<sup>st</sup> - 26<sup>th</sup>

June 28<sup>th</sup> - July 3<sup>rd</sup>

July 6<sup>th</sup> - 9<sup>th</sup>

**Session I**

**Session II**

**Session III (Day Camp)**

### Camps Cost:

**\$575 Overnight and \$375 Day Camp (8a-5p)**

Special: \$525 Overnight and \$350 Day Camp if you register by March 1<sup>st</sup>!

### Payment Information:

Make check payable and mail to:

Bates College Swim Camp

C/O Peter Casares

130 Central Avenue

Lewiston, ME 04240



Bates College SWIM CAMP  
130 Central Avenue  
Lewiston, Maine 04240

# Bates | SWIM

## CAMP

207-786-8264  
www.batesswimcamp.com



*Our philosophy is to offer outstanding coaching by a motivated and energetic staff whose sole mission is to take every step possible to stimulate your love for the sport in an environment that is both positive and healthy. Simply put, we want to better your strokes, sharpen your attitude, and focus your goals, so you can reach your absolute potential!*



**CAMP DIRECTOR**

**Peter Casares** enters his second year as Head Coach of Bates College Swimming & Diving. Previously, Casares was the head coach at Wabash College where he won two Coach of the Year awards in 2005 and 2007 and guided his

team to a dual meet ranking of 4<sup>th</sup> in the country. Also, as the interim head coach at Kenyon College in 2002 he became one of only four coaches in NCAA history to win a national championship for both men and women swimming in the same year. A 1998 graduate of Gettysburg College, Casares was a two-time captain of the swimming team, a five-time All-American and the holder of eight school records upon graduation. Casares also earned his Masters in Sports Psychology at Miami University while assisting with the men's program in 1999 and 2000.

**HEAD COACH**

**Abby Brethauer** is in her fourth season with Columbia University women's team. In her first three seasons with the Lions, the team has experienced their best seasons to date! Prior to working at Columbia, Abby coached at

Hamilton College where both the men's and women's teams finished in the top 15 in the country. Abby graduated from Kenyon College in 2002 where she was a 13 time All-American, and helped lead her team to three NCAA Championship titles in four years. In her senior year she was runner-up in both the 200 yard backstroke and 200 yard butterfly at the NCAA Championships.

**SESSION I AND II (OVERNIGHT OR DAY CAMP)**

JUNE 21<sup>ST</sup>—JUNE 26<sup>TH</sup>  
JUNE 28<sup>TH</sup>—JULY 3<sup>RD</sup>  
(AGES 9-18)

A unique 5 day comprehensive competitive swim camp offering the latest information on training, stroke technique, core development, and mental preparation. Each day includes two water sessions, group and individual instruction, dry-land routines, nutritional information, and valuable guest lectures. This camp will also offer each high school camper (15 years and older) a chance to gain knowledge about the college recruiting process through evening lectures. Several NESCAC and IVY League coaches will be on deck leading the training and technique sessions.

**SESSION III (DAY CAMP ONLY)**

JULY 6<sup>TH</sup>—9<sup>TH</sup> (AGES 9-18)

Primarily an introductory swim camp focused on personal instruction, technique, and good times! Each camper attends lectures and training sessions that revolve around the fundamental principals of swimming. Experienced instructors will enable every swimmer to get the attention needed to make visible gains in ability - and increase their passion for the sport!

**TYPICAL DAILY SCHEDULE:**

7:00 AM	Breakfast (Overnight Campers)
8:00 AM	Pool – Training Session
10:00 AM	Stroke Technique Talk & Video
11:30 AM	Lunch / Free Time
1:30 PM	Dryland / Core / Flexibility
3:00 PM	Pool – Technique & Strength
5:00 PM	Dinner / Free Time (Overnight Campers)
7:00 PM	Evening Lecture (Overnight Campers)

[www.batesswimcamp.com](http://www.batesswimcamp.com)

- Each camper will receive a Bates Swim Camp T-Shirt
- Training sessions designed for every ability level
- Latest technique instruction through lecture and video
- NESCAC and IVY League coaching staff
- Discussions on goal setting and mental toughness
- Motivational talks, talent shows, and pizza Parties
- Underwater DVD purchase available at conclusion

**Lectures for High School Swimmers (Session I & II only)**

- What opportunities exist at each level (DI, DII, DIII)
- Creating a swimming resume and recruiting plan
- Academic Interests and College Majors
- What College Coaches want from recruits

**FACILITIES**

Merrill Gymnasium, home to the Bates College pool, includes a spacious field house, aerobics room, and is situated right near the dorms and our brand new dining area. The Tarbell Pool is one of the finest swimming and diving facilities in all of Maine. An 8 lane 25 yard or meter facility, with a floating bulkhead, offers ample space to both train and instruct athletes. The underwater viewing area also allows the coaching staff to employ the latest trends in stroke instruction and video.

**COUNSELORS**

Camp Counselors will be mature, responsible college swimmers chosen by the camp director to provide each camper with a safe, positive experience. Counselors will live in the dormitories with the swimmers, supervise them at night, attend meals with the swimmers, and assist coaches during pool instruction. There will be 24 hour supervision of campers at the Bates College Swim Camp.

