

# 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 17 <sup>th</sup> – June 21 <sup>th</sup>	Session I
June 21 <sup>st</sup> – June 28 <sup>th</sup>	Session II
June 29 <sup>th</sup> – July 1 <sup>st</sup>	Session III (Start & Turn)
July 9 <sup>th</sup> – 12 <sup>th</sup>	Session IV (Day Camp)

(Ages 9-18)

### Camps Cost:

**\$600 Overnight and \$450 Day and Start and Turn**

### Camp (8a-5p)

Special: \$575 Overnight and \$425 Day and Start and Turn 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 SWIM CAMP**  
130 Central Avenue  
Lewiston, Maine 04240

# BATES

## SWIM CAMP

### 2012

207-786-8264  
www.bateswimcamp.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 fifth year as Head Coach of Bates College Swimming & Diving. Over the past four years Bates Swimmers have not only experienced an unprecedented 400+ lifetime bests, but they have revamped the record board with 61 new Varsity Records! A two time Coach of the Year in 2005 and 2007 he is also only one of four coaches in NCAA history to win a national championship for both men and women swimming in the same year as the interim Head Coach at Kenyon College in 2002. 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 second year as Head Coach of the University of Mary Washington Eagles. In her first year she led the team to two conferences championships and experienced 5 All-American performances! In her previous five years with Columbia University, the team experienced their best seasons to date as she took over their sprint program. Prior to her coaching career, Abby graduated from Kenyon College where she was a 13 time All-American, national record holder in the 200 fly, national runner up in the 200 Backstroke, and helped lead her team to three NCAA Championship titles in four years.

### SESSION I, II (COMPREHENSIVE CAMP) OVERNIGHT OR DAY (AGES 9-18) 6/17 - 6/21, 6/24-6/28

A unique 5 day 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 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 of the top college coaches in the nation will be on deck leading the training and technique sessions.

### SESSION III (START & TURN) OVERNIGHT OR DAY (AGES 12 - 18) 6/29—7/1

New in 2012 is the BCSC Start and Turn Camp! We will be filming start and turns above and below the water in order to breakdown one of the most important aspects of racing. Video and lectures about the best techniques to develop winning wall work will highlight the out of pool time. In the pool we will teach innovative drills which will help both technique and speed around the walls. As usual, only the best college coaches will be breaking down your video and giving immediate and clear feedback on how to improve. It is no secret that the fastest you ever travel in the pool is off the walls - and it's time we take an aggressive look at how to improve taking that speed into your first strokes of each length!

### SESSION IV (COMPREHENSIVE CAMP) DAY CAMP ONLY (AGES 9 - 18) 7/9—7/12

Primarily a comprehensive swim camp for those fairly new to the sport, this session is 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)

- 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 top Tier 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 video cameras 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.