

Bears' Swimming "Boot Camp" - Training Day Camp

Provided at SUNY Potsdam's Maxcy Hall

Program Info:

(Camper must be entering grade 3 - 12)

Section 1: August 3 - 7 (Monday - Friday) 8:30am - 4:30pm

Section 2: August 10 - 14 (Monday - Friday) 8:30am - 4:30pm

[Register Online](#)

[Print a Registration Form \(PDF\)](#)

Register over the phone by calling
315.267.2167

Fees and Registration:

Campers may choose which week they wish to attend: \$225 for one week or \$425 for both.

Non-refundable \$50 deposit must be mailed in with application to secure placement prior to July 31st. All campers will receive a camp T-shirt along with free gear. Campers will have their strokes recorded on DVD.

Schedule:

Check in everyday is at 8:30am in Maxcy Hall Pool. Every morning we will begin with a meeting to discuss the day's objectives, wake up and stretch, and then divide into smaller groups to complete a daily agenda.

Daily sessions for all campers are from 8:30am - 4:30pm. Family and friends are invited to come watch any camp session and join us each Friday at 2pm for a Relay Carnival.

A Day in the Life of a Camper:

8:30 - 8:45 *Arrival and preparation*

8:45 - 9:30 *Opening remarks and group warm-up/stretch*

9:30 - 12:00 *Station 1 (dry-land & plyometrics, view videos)*

12:00 - 1:00 *Lunch – **bring your own bag lunch***

1:00 - 3:30 *Station 2 (stroke instruction, video taping, and review)*

3:30 - 4:15 *Closing remarks and final challenge*

4:15 - 4:30 *Campers dismissed.*



Schedule subject to change.

All campers **MUST BRING THEIR OWN LUNCH** and **WATER BOTTLE** every day.

Each week will end with a Relay Carnival on Friday @ 2pm with camp awards and photos.

Equipment

Campers will need every day a swim suit, cap, goggles, sandals, towel, shorts, t-shirt, running shoes and a spare set of dry clothes. Every camper must bring a healthy bag lunch and water bottle with snacks as desired.

Facilities:

Campers will be given the luxury to train at SUNY Potsdam's Maxcy Hall. The complex provides a 6-lane pool with a separate diving well for skill development and several underwater viewing windows for videotaping.

If you have questions about our summer camps please contact us at (315) 267-2167 or via e-mail at camps@potsdam.edu. The Office of Summer Camps and Youth Programs at SUNY Potsdam is a part of the newly formed Center for Lifelong Education and Recreation (CLEAR): <http://www.potsdam.edu/community/camps/>. Also go to www.goTRIBS.org for more info about **Northern TRIBS Swimming** and [USA Swimming](http://www.usa-swimming.org).