

Swim Camp

July 8-13, 2012

THE PROGRAM

This exciting, week-long, co-ed camp is designed to enhance the technical aspects of stroke, training, and the strategies needed for each camper to compete at the top level of competitive swimming. Technical instructions, stretching and dryland training, training principles and stroke development are integral parts of the program. Optional, additional advanced workouts will also be available.

WHO CAN ATTEND?

This camp is for competitive swimmers entering grades 7-12 who wish to improve their skills (must be at least 12 years old at start of camp). Campers stay in University residence halls and have delicious, all-you-can-eat, cafeteria-style meals in the University dining hall.

ACTIVITIES

When not in training sessions, campers enjoy a variety of recreational activities including indoor and outdoor games, movies, visit to nearby Foster Lake for a picnic and campfire, social gatherings at the Terra Cotta Coffee House, a farewell party on the last night and more.



CAMP DIRECTOR

Camp Director Brian Striker is Head Swimming and Diving Coach at Alfred University. He was one of the top swimmers in the program's history while a student at AU, earning All-American certification five times. Coach Striker returned to the University in 2002 to coach the men's and women's swimming and diving teams. In his nine years at the helm of the men's team, he has guided the Saxons to four Upper New York State Collegiate Swimming Association championships (2003, 2007, 2008 and 2009) and five Empire 8 Conference championship titles (2003, 2005, 2007, 2008 and 2009).

Striker is a five-time UNYSCSA and Empire 8 Conference Coach of the Year; athletes he has coached have won 142 Empire 8 individual and relays events and 54 UNYSCSA individual and relay events. He shares the school record for consecutive men's dual-meet coaching victories (28, from 2005-2009). He has coached eight All-Americans at AU, and 31 individual and 15 relay school records have been set. In 2010 Coach Striker was inducted into the Alfred University Athletic Hall of Fame. This is his tenth year serving as Director of the AU Summer Swim Camp.

FEES

Residential camp fee: \$445 per person covers room and board from Sunday supper through Friday lunch, individualized and group instruction, organized activities, a camp T-shirt, and a fun-filled week.

Commuter rate: \$295 (includes breakfast and lunch, Monday through Friday). Campers who wish to commute must arrive on campus by 7:30 a.m. for morning practice and be picked up no later than 5:00 p.m. (Exception: commuter pick-up time on Friday is 1:00 p.m.)

Deposit: A \$100 deposit is due with the enrollment form. Payment can be made by check* or credit card. The camp fee balance is due by June 15, 2012.

Team discount: If three or more swimmers from the same school or team enroll together, they will receive a discount of \$25 per person. *In order to be eligible for this discount, all enrollment forms and deposit checks must be mailed to us in the same envelope.*

Early bird discount: A discount of \$10 per swimmer will be given (in addition to the team discount, if applicable) for all who register by May 4, 2012.

*There will be a \$30 charge for checks returned for insufficient funds.

HOW TO ENROLL

Campers will be accepted on a first-come, first-served basis. This popular camp fills up fast, so it is a good idea to enroll as early as possible. (We will begin accepting enrollments January 3, 2012.)

The preferred, full-size enrollment form is available online at: www.alfred.edu/summer/camps/swimming.cfm A smaller version is included in this brochure, for the convenience of those who do not have ready access to a computer and printer.

Swimmers who wish to enroll must return the completed enrollment form, along with the deposit, before the **enrollment deadline of June 1, 2012**. (Later enrollments will only be accepted if space is available.) Details and directions will be sent to all campers upon our receipt of their enrollment form and payment.



Enrolled campers will soon receive additional materials including a swimming experience questionnaire, medical history forms, permission forms, emergency notification forms, etc. which must be completed and sent back so we receive them by June 15. Updated immunization information (including dates) is also required at that time. **If you do not have updated immunization information on hand, you may want to acquire this from your physician now to avoid processing delays.**

ENROLL NOW! See full size form & further information on-line: www.alfred.edu/summer/camps/swimming.cfm

ENROLLMENT FORM Due June 1, 2012

(If possible, please use full-size enrollment form accessible on our website.)

To be completed by parent or guardian. Type or print in ink only. Your \$100 deposit must accompany this form.

camper's name _____
gender: female male T-shirt size: XS S M L XL
 residential (overnight) camper commuter
first name preference for name tag _____ camper's email _____
street address/PO box _____
city _____ state _____ zip code _____
parent/guardian name _____ parent/guardian work phone _____
parent/guardian home or cell phone _____ parent/guardian email address _____
birth date mm/dd/yy _____ age _____ name of roommate preference (if any) _____
camper's school _____
coach's name _____ year camper will graduate from high school _____

- This camper qualifies for the \$25 team discount (three or more campers from the same school or team required - send all forms and checks in one envelope).
 This camper qualifies for the \$10 early bird discount (must be postmarked no later than May 4, 2012).

Please check one of the following:

- My \$100 deposit check is enclosed (payable to Alfred University)
 Please charge to my credit card
 VISA MasterCard AMEX Discover

Card Number: _____ CVV# _____
(3 digit code on back of card)

Expiration date: _____ Amount: \$ _____

Cardholder Name: _____

Cardholder Address (if different from above): _____

Authorized signature: _____

Send to: **Office of Summer Programs, Alfred University, 1 Saxon Drive, Alfred, NY 14802, FAX 607-871-2045, or scan and email to summerpro@alfred.edu.** If you fax form, please call us at 607-871-2612 to make sure we receive it and that it is readable.

www.alfred.edu/summer



COMMENTS FROM PAST PARTICIPANTS

"I had a really good time. I feel I improved in many areas."

"Alfred University helped me to enjoy my summer and have fun with the sport I love!"

"It was really fun and truly a learning experience. I felt myself becoming more confident in swimming my strokes overall. I learned so much!"

"I had a great time. You guys were awesome! Thanks for everything!"

"It was a good camp and well run. I especially liked the technique work because I feel it will help me a lot in the future. Good coach-swimmer ratio, too."



CANCELLATION: The University may cancel any course or activity at any time because of insufficient enrollment or other unforeseen circumstances. If a program is canceled or postponed, the University will refund registration fees but cannot be held responsible for other costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies.

Policy Against Discrimination

Whether considering candidates for admission or financial aid, applicants for employment or the management of its policies and school-administered programs, Alfred University does not discriminate on the basis of gender, sexual orientation, age, race, color, national or ethnic origin, religion, or disability. Alfred University is an affirmative action, equal opportunity employer.

www.alfred.edu/summer
summerpro@alfred.edu

SAMPLE DAILY SCHEDULE

7:30 am	Morning Practice
8:30 am	Breakfast
9:30 am	Drills & Workout
12:00 pm	Lunch & Free Time
1:30 pm	Afternoon Practice
5:00 pm	Dinner
6:30 pm	Evening Organized Recreational Activities
10:30 pm	Quiet Hours Begin

Please note: We reserve the right to make slight changes in the daily schedule without prior notice.

CAMPER CANCELLATIONS

Full refunds will be made for camper cancellations received by June 4. 50% refunds will be made for cancellations received between June 5 and June 22. Sorry, no refunds can be issued after June 22.

CONTACT US

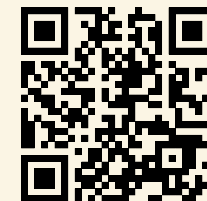
For further **technical information** contact: Coach Striker at 607-871-2893. Email: striker@alfred.edu. For further **information concerning the enrollment process, housing or meals** contact: Office of Summer Programs, 1 Saxon Drive, Alfred, NY 14802. Phone: 607-871-2612. Fax: 607-871-2045. Email: summerpro@alfred.edu.



ABOUT ALFRED

The Alfred University Swim Camp is held on the safe, beautiful, park-like University campus in rural western New York State. The campus offers modern buildings and facilities including a 25-yard competition pool with diving well.

The campus, a 6-hr drive from New York City, 2 hrs from Buffalo, & 1 1/4 hrs from Rochester, is easily accessible by car or bus from all directions. The nearest major airport is the Rochester International Airport (about 65 mi. north). Transportation to/from that airport can be provided for an additional charge if we receive the request by June 15. After that date, students must make their own arrangements with an airport limo service.



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Summer Programs

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For Competitive Swimmers
entering grades 7-12

