

CollegeSwimming Camps

Summer 2010

WELCOME TO CAMP !

Thank-you for registering for this summer's CollegeSwimming Camp. While at Carthage College this summer you will take part in a swim camp unlike any other in the country. Our goal is to teach you, to challenge you, and to HAVE FUN!

BEFORE YOU ARRIVE

- Make sure you've paid. While we love outstanding swimmers, we're not such a fan of outstanding balances. The balance of the camp fee is due MAY 7.
- **Health Form:** Comp Upon your arrival at camp you will need a completed [Camp Health Form](#). Don't be like a college swimmer and procrastinate on filling out the forms.
- **Coach Evaluation:** Have your coach complete a Pre-Camp Checklist. This is really important because it tells us what to focus on while you're here. They can fill it the [Online Form](#) or print and fill out the old-fashioned [Paper Form](#).



Get Ready for FUN!

CHECK-IN & CHECK OUT

Registration will take place at 2:00 pm (CDT) on Sunday at the Tarble Athletic & Recreation Center (TARC). Campers will pick up their room key and begin moving into South Hall. After check-in, campers will return to the TARC for an initial swim.

Camp wraps up Thursday afternoon. Parents who would like to join us for lunch will be able to purchase a lunch ticket at Sunday's check-in.

Incoming Flights should arrive BEFORE NOON on Sunday and returning flights should depart AFTER 3:30 pm on Thursday.

FACEBOOK US!

Check out our page on Facebook. Connect with your roommate, get the latest news, and see new photos uploaded every day during camp.



WHAT TO BRING

- ___ Notebook and Pen
- ___ Swim Suits (2)
- ___ Swim Caps (2)
- ___ Goggles (2)
- ___ Gym Shoes
- ___ Socks (5)
- ___ Swim Bag
- ___ Sweatshirt
- ___ Long Pants
- ___ T-Shirts (5)
- ___ Gym Shorts (3-4)
- ___ Underwear
- ___ Laundry Bag
- ___ Large Towels (2)
- ___ Alarm Clock
- ___ Small Fan
- ___ Bed Linens (blanket, sheets, & pillow case or a sleeping bag)
- ___ Water Bottle
- ___ Snacks and drinks

Please label all personal items with your name and leave all valuables and training equipment (kickboard, fins, etc.) at home. We cannot be responsible for any items lost, or damaged while at the camp.

TYPICAL CAMP SCHEDULE

Sunday

- 2:00 Camp Check-In
Orientation Swim
- 5:00 Dinner With Coaches
- 6:30 Camper Orientation
and Group Introductions
- 8:30 Dorm Meeting
- 9:45 Brush & Flush
- 10:00 Lights Out

Thursday

- 7:00 Rise & Shine
- 7:15 Breakfast
- 8:00 Camp Talk
- 9:00 Morning Practice
Including Video
- 10:45 Dryland Activity
- 12:00 Lunch
- 1:30 Camp Time Trials
- 2:30 Check-Out

Monday-Wednesday

- 7:00 Rise & Shine
- 7:15 Breakfast
- 8:00 Camp Talk
- 9:00 Morning Practice
Including Video
- 10:45 Dryland Activity
- 12:00 Lunch
- 1:30 Stroke Critique
- 2:30 Afternoon Practice
 - Challenge Set
 - Technique Topic
 - Skill Session
- 5:00 Dinner
- 7:00 Evening Activity

Day campers should arrive (7:45 am) at be picked up (4:45 pm) at the TARC.

SAFETY & SUPERVISION

Carthage is a safe and secure campus affording both great views of Lake Michigan and a safe & intimate campus. Campers are supervised at all times including transportation to and from activities.

Brush & Flush begins at 9:45 with lights out at 10:00 pm. Campers will provided a room key and building access card and are encouraged to lock their rooms at all times. There is a \$125 charge for lost keys and \$20 charge for lost access cards

GETTING TO CARTHAGE

Carthage College is located 40 miles south of Milwaukee and 50 miles north of Chicago. To reach Carthage:

- Take I-94 to Highway "E" exit 339
- Take Highway "E" 8 miles East to Hwy 32
- Turn right onto Hwy 32 (Sheridan Road)
- Carthage will be on your left.
- Proceed to the Tarble Athletic and Recreation Center for check-in



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