

CAMP APPLICATION

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (____) _____
DOB: _____ Grade (Fall '17): _____
Email: _____
Male ___ Female ___ T-shirt Size: S M L XL

MEDICAL INFORMATION

Applicant's Name _____
(Please print)

Medical Treatment Authorization

I/We being the legal guardians of the above applicant authorize the Naval Academy Athletic Association, the specific camp and its agents, permission to request medical treatment as necessary to insure the well being of the applicant.

(Parent or Guardian Signature) (Date)

Insurance

Coverage for accidental injury is required by all participants. Please complete the health care information below.

Health Insurance Carrier: _____

Policy Number: _____

I approve of my child's attendance at the Naval Academy Athletic Association Sports Camp and certify that s/he is in good health and able to participate in all activities. I (am/am not) attaching a statement explaining special physical limitations and/or required medication. Please indicate if your child suffers from allergies, asthma, diabetes, restricted activities, etc. In further consideration of the Naval Academy Athletic Association accepting this application, I/we hereby agree to save and indemnify and keep harmless the Naval Academy Athletic Association, its agents and employees against any and all liability, claims, judgments or demands for damages arriving as a result of injuries sustained by the applicant during or as a result of any course given the applicant by the Naval Academy Athletic Association. Furthermore, as the parent/ legal guardian for this child, I understand it is my responsibility to provide the Naval Academy Athletic Association with a COMPLETE AND VALID PHYSICAL EXAMINATION FOR THIS CAMPER PRIOR TO THE START OF CAMP.

(Parent or Guardian Signature) (Date)



NAVY ELITE SWIM CAMP

Training Camp
June 4 - 10, 2017

Online Registration Only - Available Now
www.navysports.com &
www.navyeliteswimcamp.com

Individual - \$950

10% Discount for multiple family members & Teams
(See inside for details)



NAVY ELITE SWIM CAMP

566 Brownson Rd
Annapolis, MD 21403

Phone: 410-293-3013
Fax: 410-293-3811

www.navyeliteswimcamp.com



Lejeune Hall - United States Naval Academy

CAMP DETAILS

The Navy Swim Elite Training Camp is designed and implemented by our Navy Coaching staff to take swimmers to the next level of performance by focusing on a progressive stroke technique session, while adding an elite level pool training session to each day. The technique session will include competitive stroke progressions in all strokes, starts and turns, racing prep, and video analysis. The training session will incorporate an energy system based workout with focus on the technical details of the day .

In addition, this camp will expose swimmers to whole person performance expectations outside the pool. Whole person performance includes daily dry land and flexibility program, as well as, sports psychology, nutrition, and leadership lectures.

DAILY SCHEDULE

Camp Begins Sunday @ Noon, Ends Saturday @ Noon
Check-in Process and full schedule are on the website

7:30 am Wake up & Breakfast

9:00 am Stroke Talk

10:00 am Morning Swim Session – Stroke Work

12:00 noon Lunch and Rest

2:30 pm Dryland and Flexibility Exercises

3:00 pm Afternoon Swim Session - Training Session

5:30 pm Dinner and rest

7:00 pm Evening Activities

10:00 pm Lights out

PRICING

Individual - \$950

Multiple family members - First @ Full Price, each additional is 10% off

Team Discount - 10% off for 6 or more athletes from the same team + Coach may attend for free

PAYMENT

Payment via check/money order or online with a credit card. Camp tuition is paid in full when registering. Cash payments not accepted.

ELIGIBILITY

This camp is recommended for swimmers 12-18 years of age, who have achieved the minimum USA Swimming “A” time standards. Swimmers will be expected to maintain daily training volume of at least 4,500 meters per training session and 8,000 meters of daily swimming.

CANCELLATION POLICY

- Notify us immediately in writing. A \$100.00 fee is in effect for any cancellation received **on or before 31 May 2017**.
- **Beginning 1 June at 12:00am EST** through 24 hours before registration of your scheduled session cancellations for any reason will be refunded 50 percent.
- Cancellations/early departures for any reason **after the 24 hour** window and during your camp session will not be refunded.

WHAT’S INCLUDED

Each camper will receive...

- Navy Elite Swim Camp T-Shirt
- Navy Elite Camp latex swim cap
- Gatorade Water Bottle

COACHES



John Morrison

U.S. Naval Academy
Head Coach
Women’s Swimming



Rob Lias

U.S. Naval Academy
Associate Head Coach
Women’s Swimming



Justin Livezey

U.S. Naval Academy
Strength Coach
Men’s & Women’s Swimming