



Competitive Swim Camp



HAMILTON

Competitive Swim Camp

Intensive Stroke Emphasis • Technique-based Instruction
In-depth Video Analysis • Drill Progression for all Strokes

Session Dates:

Sunday - Thursday Sessions

July 5-9, July 12-16 or

July 19-23, 2009

Only one session per camper, please.

For further information, please contact:

T. J. Davis, Camp Director

Hamilton College Athletics

198 College Hill Road, Clinton, New York 13323-9989

Telephone: 315-859-4794

Email: tjdavis@hamilton.edu

www.hamilton.edu/athletics/summercamps.html



THE PROGRAM

has earned the reputation as being among the nation's finest technique-based instructional camps.

The aim of the Hamilton College Swim Camp is to improve the fundamental skills of competitive swimmers. The focus of the teaching, both in the water and on dry land, is proper stroke and turning techniques. In order to provide the most favorable conditions for learning, each session will be limited to 60 participants.

- three one-week sessions of specialized training in competitive swimming for young men and women, ages 10-17
 - a full day of instruction with a currently world ranked swimmer
 - individual stroke analysis and videotaping throughout each session
 - introduction to dry land training - age appropriate
 - 3 stroke drill sessions daily; start and turn sessions daily
 - daily dry land training session scheduled
 - evening activities
 - ratio of staff to participants will not exceed 1:5 - 10 coaches, 10 counselors
 - Previous camp clinicians included: Amanda Adkins, Sam Arsenault, Brad Bridgewater, Kim Black, Lindsey Ertter, Doug Gjertson, Julia Gorman, Michelle Griglione, Eric Hansen, Tricia Harm, Chris Jacobs, Jill Johnson, Shaun Jordan, Ron Karnaugh, Paige Kearns, Kristy Kowal, Mitzi Kremer, Robert Margalis, Jessica Nixon, Michael O'Donoghue, Reda Owens, Bill Pilczuk, Courtney Shealy, Sheila Taoromina, Dara Torres, Mary Wayte, David Wharton, Paige Wilson and Maritza Correia.
- video review available two times daily
 - optional additional training sessions available
 - daily lectures include topics such as mental preparation and training techniques
 - each camper receives video footage and a gift to take home

THE TYPICAL DAILY SCHEDULE

Sundays -

2:00-3:15 pm	Registration
3:30 pm*	Welcome and Orientation Meeting at Science Auditorium
4:00-6:00 pm*	Stroke Drill Session and Videotaping
6:15 pm	Dinner
7:00-7:30 pm	Lecture
7:45-9:30 pm	Stroke Drill and Turn Session
10:00 pm	Lights Out

*Parents are encouraged to participate in the welcome and orientation meeting and to watch the first training sessions (Sundays, 4:00-6:00 pm)

Mondays - Thursdays

7:00 am	Wake Up
7:30-9:05 am	Stroke Drill Session
9:20 am	Breakfast
10:00 am	Lecture
10:45 am	Dryland Training and Video Taping
11:30 am	Free Time with Group Leader
1:00 pm	Lunch
2:00-2:30 pm	Video Review and Stretching
2:30-4:15 pm	Stroke Drill Session plus Turns
4:30-6:00 pm	Free Time with Group Leader
6:00 pm	Dinner
7:00 pm	Video Review
7:30-9:30 pm	Start Drills and Turns
9:30 pm	Evening Activity
10:15 pm	Lights Out

Thursday - Pick up 4:30 p.m.



Kristy Kowal, an Olympic Silver Medalist, provides instruction.

All participants will be housed in Hamilton College Residence Halls, with live-in swim camp staff.

THE PROGRAM COST and PARTICIPATION

\$495 per session (per participant), \$200.00 **non-refundable deposit** due with application. The remaining \$295.00 is due by May 15th. *A pre-registration packet will be mailed the first week in May. Hamilton College provides excess accident insurance for each participant. However, each participant must have proof of medical liability/health insurance for inclusion in the camp.

** There is a \$25 discount for each person for clubs who send 6 or more swimmers. Roommate requests will be honored on a first-come, first-serve basis. Please confirm rooming arrangements with the other roommates We will accommodate triples and doubles when possible. Please make checks payable to "Trustees of Hamilton College."

THE STAFF



T.J. Davis, Camp Director/Head Swim Coach

T.J. Davis has just completed his eighth season at Hamilton College. Davis guided both the men's and women's teams to 15th place finishes at the 2004 NCAA Division III Championships. He was named the Upstate Collegiate Athletic Association coach of the meet for the second year in a row after he led both Continental squads to their sixth straight league titles in 2003.

Davis has coached 11 different Hamilton swimmers and divers to a total of 13 All-America awards. One of those athletes was Mike Salmon, who won two national titles in men's diving in 2006. Fifteen school records have been broken since Davis arrived at Hamilton, including new marks in the men's 200 freestyle relay and the women's 400 medley relay.

Davis was the head coach at Alfred University from 1996 to 2002. While at Alfred, he coached 29 All-Americans, led the men's team to 15th place at the 2000 NCAA Division III Championships, and was named the 2001-02 New York State Women's Collegiate Athletic Association's coach of the year. Davis has also been an assistant coach at the University of Rochester (1995-96) and at Union College (1993-95). He has been a member of the American Swimming Coaches Association and the College Swimming Coaches Association for the past 11 years.

Davis graduated with a bachelor's degree from the University at Albany in 1993. He received a master's degree in teaching from Union in 1995.

Bill Eickelberg, Assistant to the Director

Bill Eickelberg co-founded the Hamilton College Swim Camp with current athletic administrator, Dave Thompson. Eickelberg has been assistant to the director of the camp for the last 20 years. Eickelberg manages the camp counselors, organizes video footage for individual technique review sessions, and oversees all residential hall activity.

Eickelberg has taught health and physical education at Leonia High School in Leonia, NJ since 1976. He also coaches boys and girls swimming. He coached boys' soccer and girls' basketball at Leonia. Eickelberg also coached swimming at New York City's Xavier High School and was the co-director of the Adelphi University Institute of Sports Medicine swim clinic.

Eickelberg graduated from Adelphi University, where he played soccer for the 1974 NCAA champions and swam before graduating in 1975. Eickelberg continued his education at Penn State and earned a master's degree in exercise physiology and adapted physical education. He was also a graduate assistant coach for the men's swim team.



Hamilton Swim Camp - A coach in every lane.

Eickelberg is assistant coach of the Ridgewood (N.J.) YMCA master swim team, the North Jersey masters running club and the Team Excel triathlon team.



Every camper has the opportunity to go over video footage with one of our coaches.

For further information, please contact:

T. J. Davis, Hamilton College Athletics
198 College Hill Road, Clinton, New York 13323-9989
Telephone: 315-859-4794 • Email: tjdavis@hamilton.edu



HAMILTON COMPETITIVE SWIM CAMP

Application Form:

Program Cost: \$495.00 My non-refundable deposit of \$200.00 is enclosed.

(Please make checks payable to Trustees of Hamilton College.)

Name of Applicant _____ Sex: _____ M _____ F _____
 Number and Street _____
 City _____ State _____
 Zip _____ Telephone # (_____) _____ Cell # (_____) _____
 Age as of 7/1 (10 Yrs. or older) _____ Date of Birth _____
 Grade or Year in School this coming September _____
 Best Stroke & Time _____ Full Team Name _____
 Roommate request, if any -- *(*All roommate applications must be mailed together.)* _____

I give permission for my child to be photographed or videotaped. Please initial here: _____
 Parent's Signature: _____
 Parent's E-mail: *(Optional)* _____

ENCLOSED IS: _____ My child's completed Health Record (inside this brochure)
 _____ \$200 non-refundable deposit*
 *Please make checks payable to: Trustees of Hamilton College
 _____ Copy of Insurance Card
 _____ Parental Permission/Hold Harmless Agreement

For an additional \$20 processing fee, we can charge camp fees to your credit card.
 (Circle One) MC VISA Amex. Card
 Account Number: _____ Expiration Date: _____

In Case of Emergency, Notify: _____ Phone: _____

Session Registration:* July 5 - July 9 July 12 - 16 July 19 - 23

*Only one session per camper. Thanks! Registration is on a first come, first serve basis. Limit 60 per session.

Complete and return application form, no later than April 15, along with deposit to:
T.J. Davis, Director, Hamilton College Swim Camp
 198 College Hill Road, Clinton, NY 13323-9989

THE LOCATION

Hamilton College is located in the Village of Clinton, New York, approximately 10 miles south of Utica and 45 miles east of Syracuse. The attractive campus, located on College Hill overlooking the Oriskany and Mohawk Valleys, features excellent learning and recreational facilities and modern dormitory accommodations. Nearby Utica is located on a main corridor of Amtrak and is provided with excellent passenger train service. Major bus company stops are also in Utica. The College is easily accessible by air, rail, bus and automobile. Boston, New York and Philadelphia are all within a five-hour drive.



THE CAMPUS



Chartered in 1812, Hamilton enjoys a national reputation as a highly selective, independent coeducational liberal arts college.

Hamilton's facilities make possible virtually any type of organized athletics. In addition to the William M. Bristol, Jr. Swimming Pool, the facilities include a 50,000 square-foot field house; an artificial turf playing field; acres of natural turf fields; 10 outdoor tennis courts; a hockey rink; racquetball and squash courts; a gymnasium; an all-weather outdoor track; a nine-hole golf course; weight rooms; and training rooms.

The William M. Bristol, Jr. Pool measures 60 by 126 feet and contains eight lanes. Covering 15,000 square feet, it is a "stretch" pool with a moveable bulkhead permitting division into a diving area and a swimming area of either 25 yards or 25 meters in length. Pool markings, dimensions and equipment fully meet NCAA standards for competition, and computer timing is used.