



## Typical Camp Day

- **9-9:30**  
**Opening/discussion**
- **9:30-10:30**  
**Drills/Instruction**
- **10:30-11 Intervals**
- **11-11:30 Video-taping**
- **11:30-12 Lunch**
- **12-1 Games/camp activities**
- **1-2 Intervals**
- **2-2:30 Drills**
- **2:30-3 Video analysis and discussion.**

**The Camp Day  
is**

**9am-3pm**

**Tuesday-  
Friday**

**Fee:  
\$250.00**

Complete lists of Campgrounds  
And hotels are available upon  
request.

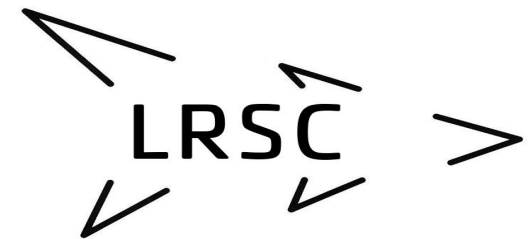
Contact Us:  
Bath Area Family YMCA  
303 Centre Street  
Bath, Maine 04530  
207-443-4112  
Fax: 443-1079

The YMCA can help facilitate  
Carpooling arrangements if you  
desire. Please contact the Y for  
more information.



**Bath Area Family YMCA**

# Competitive Swimming

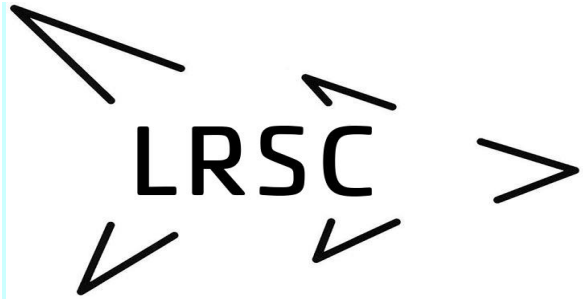


# Day Camp

(For Competitive Swimmers ages 9-17)

**August 6th – 9th 2019**





Techniques, Fun, Starts and Turns, Fun and more fun are the focus of our Competitive Swimming day camp for Competitive Swimmers, ages 9-17.

Kids will be encouraged to grow and develop their skills in a warm and nurturing environment. Each day will be devoted to work on one of the four competitive strokes. Videotaping will be used to enhance campers understanding of stroke mechanics. Individual goal setting skills will be explored during the week. Nutritional information will also be provided to each swimmer Swimmers will be in the pool during the morning and afternoon, but will spend a portion of each day outdoors and in traditional camp activities.

### Camp Director:

Jay Morissette, coach of the Long Reach Swim Club and 2013 Maine Swimming Hall of Fame inductee. Jay is a former UMO swimmer and an ASCA level 5 coach, who during his 34 years at the Bath Y has produced more than 160 YMCA National Top 16 ranked swimmers, 16 National champions, many state record holders, and two National Record holders. He has Coached 8 Olympic Trials Qualifiers. Over the last 34 years, The Long Reach Swim Club has won 30 YMCA State Championships and 22 USA State Championships.



## Register Today!

**Enrollment is limited to  
30 Swimmers**

**Pre-Registration Form**  
Please detach and send with your \$50.00 deposit.

**Name:**

\_\_\_\_\_

**Age:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_

**Home PH:** \_\_\_\_\_

**Address:**

\_\_\_\_\_

\_\_\_\_\_

**E-mail:**

\_\_\_\_\_

**Parent/Guardian:**

\_\_\_\_\_

**Years on a Team:** \_\_\_\_\_

**Current Team Affiliation:**

\_\_\_\_\_