



2020 ARMY SWIM CAMPS

POWER + SPEED

July 9th-12th

ABOUT

At the Army West Point Swim Camps our goal is to create a positive atmosphere where competitive swimmers can learn and improve the skills needed to compete at a higher level. We offer a unique balance of stroke/skill instruction, intensive training, and individualized analysis. The Army West Point Swim Camp offers both overnight and commuter options. Campers will receive a Army Swim Camp t-shirt, cap, and water bottle.

CAMP FOCUS

Army West Point Swimming is excited to introduce the Speed & Power training camp. This camp will instruct and demonstrate the proper sprint technique, stroke mechanics, starts, and turns for sprinters. Campers will also learn how to use all power equipment associated with developing POWER & SPEED! Our staff has coached and developed elite sprinters at the NCAA, USA Club, International, & Olympic levels! Campers will also participate in daily training sessions and seminars led by the Army West Point Swim & Dive strength coaches, sports psychologist, sports nutritionist, and athletic trainer. Campers will also have the opportunity to meet and interact with current West Point Swim & Dive cadet-athletes as well as other world-class athletes.

TYPICAL DAILY SCHEDULE

7:00 AM	WAKE UP
7:30 AM	BREAKFAST (Commuters Arrive at 8:15am)
8:30-11:30 AM	DRYLAND/STROKE DEMO/TRAINING SESSION #1
12:00 PM	LUNCH
1:00 PM	RECOVERY TIME AT DORMS
2:30	GUEST SPEAKER/SEMINAR
4:00-6:00 PM	TRAINING SESSION #2
6:30PM	DINNER
7:45PM	TEAM CHALLENGE ACTIVITIES/FREE TIME AT DORMS (Commuters Depart at 8:45pm)
9:30 PM	LIGHTS OUT

PRICING

Overnight \$675 / Overnight Military \$600 **includes breakfast, lunch, and dinner*

Commuter \$600 / Commuter Military \$525 **includes lunch and dinner*

**Sibling Discount - 2nd (and 3rd, etc) sibling will be given a \$50 Discount.*

**Multiple Session Discount - each additional session will be given \$25 Discount.*

More Info – armywestpointcamps.com / Contact - armyswimcamps@gmail.com

In accordance with NCAA rules, army west point sports camps are open to any and all that would like to attend, limited only by age, number, gender and/or grade level.