



2020 ARMY SWIM CAMPS

TECHNIQUE + TRAINING

June 28th-July 2nd

July 5th-July 9th

July 12-July 16th

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 an Army Swim Camp t-shirt, cap, and water bottle.

CAMP FOCUS

Each day will focus on one of the four competitive swimming strokes with a technique session in the morning and a training/technique session in the afternoon. Further, campers will learn skills and drills to improve in the areas of starts, turns, finishes, relay exchanges, and race specific strategies. 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, learn from, 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
2:30PM	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 \$775 / Overnight Military \$675 **includes breakfast, lunch, and dinner*

Commuter \$675 / Commuter Military \$600 **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.