

# 2024 CAMPS OVERVIEW

## COLLEGE PREP CAMP

- JUNE 7-8
- AGE GROUP: RISING 9<sup>TH</sup> GRADERS- RISING SENIORS
- GENDER: COED
- CAMP TYPE: OVERNIGHT OR COMMUTER
- CHECK IN: JUNE 7 8-9:00AM. DROP OFF AT WISEMAN HALL.
- FIRST SESSION WILL BE AT 9:30AM
- LAST SESSION WILL END AT 5PM ON JUNE 8
- CHECK OUT: WILL BE AT FROM 5-5:45 AT WISEMAN HALL
- THERE WILL BE A CAMP STORE SET UP AT THE END OF THE CAMP IN THE POOL AREA
- ALL MEALS WILL BE PROVIDED FOR ALL OVERNIGHT CAMPERS. ONLY LUNCH WILL BE PROVIDED FOR COMMUTERS WITH THE AVAILABILITY TO UPGRAD TO ALL MEALS.
- GOAL OF CAMP: WE HOPE TO GIVE YOU SOME INSIGHT ON WHAT OUR TRAINING LOOKS LIKE. PROVIDING 4 SWIM SESSIONS AND A SESSION WITH OUR STRENGTH COACH.

## TECHNIQUE CAMP

- JUNE 9-12
- AGE GROUP: 10-18
- GENDER COED
- CAMP TYPE: OVERNIGHT AND COMMUTER
- CHECK IN: 11AM-12:30PM CHEEK EVANS DORM. CAMP WILL BEGIN WITH AN ORIENTATION AT 1PM OUTSIDE OF THE DORM.
- CHECKOUT: JUNE 12 FROM NOON-1:30 AT THE DORMS.
- THERE WILL BE A CAMP STORE SET UP AT THE END OF THE LAST SESSION AND THIS WILL BE LOCATED IN THE POOL AREA.
- COMMUTER DAILY SCHEDULE: DROP OFF 8:30AM AT POOL. PICK UP AT 5:00PM.
- MEALS: ALL MEALS WILL BE PROVIDED FOR OVERNIGHT CAMPERS STARTING WITH DINNER ON SUNDAY AND ENDING WITH BREAKFAST ON WEDNESDAY. FOR COMMUTERS WE WILL PROVIDE LUNCH UNLESS A MEAL PLAN IS PURCHASED.
- COMMUTERS ARE WELCOME TO COME BACK TO CAMPUS FOR CAMP GAMES IN THE EVENING IF THEY WISH.
- GOAL OF CAMP: TO PROVIDE INSTRUCTION ON ALL STROKES TRYING TO FOCUS ONE STROKE PER DAY. THIS INCLUDES STARTS AND TURNS OF EACH STROKE.

## DORM ADDRESSES

<b>College Prep Camp</b>	<b>Wiseman</b>	<b>120</b>	<b>S. Maple Ave.</b>
<b>Technique Camp</b>	<b>Cheek/Evans Cheek</b>	<b>607</b>	<b>W. Main Street</b>

## **CAMP CHECK-IN/CHECK-OUT COLLEGE PREP**

**Check-in: Friday, June 7<sup>th</sup>**

- Check-in Friday between 8:00-9:00AM at Wiseman Hall
- Camp will begin at 9:30am.

**Check-out: Saturday June 8<sup>th</sup>**

- Overnight Campers: Check-out Saturday between 5:00pm-6:00pm at **Wiseman Hall**.
- A camp wrap-up will be 4:45-5:00pm for all campers at **the pool**.
- There will be a camp store on the last afternoon at the pool

## **CAMP CHECK-IN/CHECK-OUT TECHNIQUE CAMP**

**Check-In: Sunday June 9<sup>th</sup>**

- Check-In Sunday between 11-12:30 at Cheek Evans Dorm
- Camp will begin at 1:00 PM outside of the dorm
- For Commuters campers will be dropped off at the pool at 8:30am and picked up at the pool at 5PM

**Check-Out: Wednesday June 12<sup>th</sup>**

- Overnight and commuter campers will check out at noon on Wednesday.
- A camp Wrap up will take place from 11:45-12PM
- There will be a camp store on the last day of camp in the pool area

## **CHECKLIST OF THINGS TO BRING**

- Weather appropriate clothing for 4 nights/5 days
- Dryland training Gear (running shoes, t-shirt, athletic shorts, sweatshirt)
- Backpack
- 2-3 Swimsuits
- Swim Cap(s)
- Goggles
- 1-2 Towels
- Water bottle
- Sunscreen
- Hat or Visor
- Sunglasses
- Spending money (\$50)
- Linens (twin XL sheets & blankets or sleeping bag, pillow, pillowcase)
- Pajamas
- Bath Towel
- Toiletries
- Fan

## **Frequently asked questions**

**Pool Address:** Champions Hall 628 Colonel Drive Danville, KY 40422

### **What is housing like for the campers**

- Number of campers per room: Primarily 2 but sometimes 3
- Roommates: Rooms are assigned first by roommate requests to the best of our ability then try to match campers up by age.
- Bathrooms are shared by all on your floor
- Linens: These are not supplied so you must bring your own.

### **Supervision:**

The staff will reside in the dorms with the campers and will accompany them to all session and meals. Drugs, Alcohol, and Tobacco use is strictly prohibited and will be cause for dismissal from camp with no refund.

### **What's included in the cost of the camp?**

- Morning and Afternoon training sessions
- Dorm housing on campus
- All three meals for overnight campers/ Lunch for Commuters
- Breakfast and dinner packages can be purchased for commuters if you wish
- Each camper will get a camp T-shirt and swim cap

### **Are Colonel Swim camps for beginners or learn to swim?**

No, campers are expected to have a basic knowledge of all 4 strokes. These camps do not teach campers how to swim. The expectation is for each camper to have the ability to complete 50 yards of each stroke.

### **Do you offer any discounts?**

There is a sibling discount of \$25 off when you have more than one camper per family. The discount code for that is **centresib** .

Why is the cost on the brochure a little different than what we end up paying? In 2023 we started being charged a tax on camps so the difference in the advertised cost and final cost is the tax that we get charged as a camp