

APPLICATION

CIRCLE WEEK YOU ARE APPLYING FOR

WEEK ONE June 22nd – 26th Price: \$360

WEEK TWO July 13th – 17th Price: \$360

NAME: _____

AGE: _____ DOB: _____

PARENTS NAME(S) _____

ADDRESS: _____

CITY/ZIP: _____

EVENING PHONE # _____

DAYTIME PHONE # _____

E-MAIL _____

T-SHIRT SIZE

CIRCLE ONE ADULT YOUTH

CIRCLE ONE S M L XL

MEDICAL STATEMENT

I verify that my child has been checked by a licensed physician and is physically able to participate in the Stroke & Technique Swim Camp. I agree to allow my child to be treated by a licensed physician while attending the camp, if necessary. I understand all that is stated in this brochure, including refund policy and payment information, and am willing to abide by these rules and regulations.

X _____
PARENT SIGNATURE - REQUIRED

SEND APPLICATION TO:

CHAD CRADOCK

RETRIEVER ACTIVITY CENTER-SWIM/DIVE

1000 HILLTOP CIRLCE

BALTIMORE MD, 21250

MUST INCLUDE:

\$75.00 NON REFUNDABLE DEPOSIT MADE

OUT TO: AQUA DAWG SWIM CAMP

GENERAL INFORMATION

ATHLETE AGE: 6 – 14

WEEKS: JUNE 22-26

JULY 13-17

CAMP HOURS: 9:00AM – 4:00PM

CAMP PRICE: \$360 PER CAMPER

- \$75 DUE WITH REGISTRATION
 - NON – REFUNDABLE
- \$285 DUE BY 1 WEEK PRIOR TO THE START OF CAMP
 - SLOT FORFEITED IF NOT PAID BY THAT TIME

**PLEASE MAKE CHECKS PAYABLE TO:
AQUA DAWG SWIM CAMP**

WHAT TO BRING - DAILY

SUIT – GOGGLES - SWIM CAP (GIRLS) – TOWEL (2 RECOMMENDED) – LUNCH – 2 SNACKS – WATER BOTTLE – GYM SHOES/CLOTHES - SUNSCREEN

MEDICAL/SAFETY - ONSITE

Full time staff members are certified in lifeguard training, CPR and First Aid. Full time staff members are also members of United States Swimming and have a Coaching Safety Certificate.

**“PRACTICE LIKE A CHAMPION,
SWIM LIKE A CHAMPION,
LIVE LIKE A CHAMPION!”**

ADDITIONAL INFORMATION

Typical daily schedule (may vary from day to day):

9:00am	Arrive
9:15am	Instruction/Video in classroom
10:15am	Break/Snack
10:30am	Instruction in Pool
11:45pm	Lunch (not included) & Movie

On Friday, there will be a camp pizza party provided for the campers!!

1:15pm	Game/Activity out of pool
2:15pm	Break/Snack
2:30pm	Instruction in Pool
4:00pm	End of Day

Each day there will be a “fun activities time” either in the pool, in a field or in the gymnasium.

ALL CAMPERS WILL TAKE HOME

The following items will be provided for the campers to take home at the end of the week:

- A camp T-Shirt
- A **swimming booklet**, that will highlight the information taught during the week, including nutritional tips, motivational techniques, sportsmanship information, and strength and conditioning tips.

For Additional Information, contact:

Coach Chad Cradock at:

Phone – (410) 455-2670

E-MAIL – ccradock@umbc.edu

Camp Information

The Stroke and technique Swim Camp at UMBC will help *any level competitive swimmer* improve their skills. If you only swim for your summer team, or if you are a year round competitive swimmer and want to discover more about your sport, this is the camp for you. You will learn: the fundamentals of all four competitive strokes, how to improve your turns, be first off the blocks at the start, and how to finish your race strong.

Topics covered at the camp:

- * **Stroke Technique**
- * **Starts & Turns**
- * **Sport Nutrition**
- * **Training Philosophies**
- * **Strength and Conditioning**
- * **How to Prepare for Competition**
- * **Lifestyle Development (setting goals)**
- * **The Importance of Sportsmanship**

CAMP FACILITIES

The camp is held at the University of Maryland Baltimore County campus. The main pool used is an Olympic size 50-meter outdoor pool. There are also two indoor pools for additional space. In addition, there are many spacious open areas for covering the educational topics listed above.

Camp Staff

CHAD CRADOCK Head Coach of UMBC Men's and Women's Swimming and Head Coach of the Retriever Aquatic Club. Coach Chad has been with UMBC since 1993 as a swimmer and coach. The native of Barrie, Ontario Canada attended the 1996 Canadian Olympic Trials, placing 5th in the 400meter freestyle as well as posting the top time that year in the 1500 meter free. In 1997, Cradock was named ECAC Swimmer of the meet after winning the 200, 500 and 1650 Freestyles. During his coaching tenure, UMBC has won 28 Championships in 3 different conferences while having 3 athletes qualify and compete at the NCAA National Championships. As a club coach, Cradock has had swimmers at all levels, from state, regional to national level. His Collegiate Coaching peers have voted him Conference Coach of the year 10 times since taking over in 2001.

Birkir M. Jonsson Assistant Coach of UMBC Men's and Women's Swimming/Head Coach Senior Gold Group Retriever Aquatic Club. A native of Iceland Coach Birkir who graduated from Old Dominion University in 2012, joined UMBC in August 2019 after spending 1 season at Texas Christian University in the role of an assistant coach and recruiting coordinator. Previously he spent 6 years at George Washington University as an assistant coach and recruiting coordinator. During his tenure at GW, the men's program won 2 conference championships and the first one in program history 2017. He also worked with NCAA qualifiers 2016, 2017 and 2018. During his swimming career, he was part of the Icelandic national team from 2000-2009 competing at various international meets such as European Junior Championships, Small Nations Games and European Youth Olympic Games.

Nikola Trajkovic Assistant Coach of UMBC Men's and Women's Swimming and Diving / Coach of Presenior Group Retriever Aquatic Club. A native of Serbia Coach Nikola who graduated from UMBC fall 2018, started his coaching career right after college. In 2019 with UMBC Swimming and Diving he won both conference titles as well as award for a staff of the year. During his collegiate career, Nikola won all 4 Conference Championships, Award for the Rookie of the Year, Best Senior Athlete of the Year and also was recognized as a best Senior Athlete in UMBC Athletic Department in 2018. Prior to college Nikola was member of Serbian National team, multiple times National Champion and Record Holder. He was semi-finalist of both European and World Junior Championships and represented Serbia at Mediterranean Games, World University Games, World Cup, European Youth Olympic Games.

2020 AQUA DAWG SWIM CAMP HOSTED AT UMBC COMPETITIVE STROKE TECHNIQUE

STARTS & TURNS CAMP

June 22nd – 26th

And/Or

July 13th – 17th



www.racswim.org
