



The Jewish Community Center Presents  
 The Second Annual  
**THE THREE RIVERS SWIM CAMP**  
**Stroke Development and Training Day Camp**  
**Track 1- 9 to 12 year olds**  
**Track 2 -13 to 19 year olds**  
**June 13, 2010 Through June 17, 2010**  
**9:30 am to 4:30 pm**

Al Rose Camp Director 412-906-2583

**Henry Kaufmann Family Recreation Park, Rosecrest Drive, Monroeville, PA**

**Track 2 for 13 to 19 year olds is a more advanced in workouts – talks – Drills and Dry land**

**CAMP FEATURES**

- Stroke development session
- Stroke Skills
- Starts and Turns

**UNDERWATER/ABOVE WATER VIDEO**

- Each swimmer will get a DVD of his/her starts and turns as well as one for your home coach
- Each swimmer will have a stroke critique using the DVD
- Swimmers will have the opportunity to watch videos of Olympic and National Swimming races

**2 WORKOUTS PER DAY/LONG & SHORT COURSE (Track 1, Track 2)**

- Swimming drills and workout for all strokes

**PERFORMANCE RECOVERY SESSION (Track 1, Track 2)**

- The advantage of developing good nutritional habits
- Recovery habits and recovery tips
- What to eat after training/competition and when

**DRY LAND EXERCISE SESSION**

- Track 1 and Track 2

**RACE PLANNING and VISUALIZATION (13 & up only)**

- How to plan, practice, and swim races
- How to see your race in your brain (computer)

**FACILITY**

- The Henry Kaufmann Family Recreational Park is located on Rosecrest Drive in Monroeville. The facility is situated in a 117 acre wooded park and houses an Olympic- sized (50 Meters x 25 yd.) heated swimming pool, dressing rooms with showers and an exercise area with equipment.

**FEE**—Track 1 - \$350.00

Track 2 - \$400.00

- A minimum \$100 deposit is required to register. The fee includes lunches and snacks.

**CAMP STAFF**

**Al Rose   John Lynch   Dan McCarthy   Jeff Berghoff   Jason Kunkle   Lucas Marsak   Matt Proskin   College Swimmers**

**SPECIAL NOTES:**

- Upon our receipt of your application, you will be sent a questionnaire that must be filled out and returned before acceptance into the camp.
- Your application is not a guarantee of acceptance into camp.
- It is important that you notify us regarding special food needs (allergies, etc) before the camp starts.

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 Three Rivers Swim Camp—2010 Registration Form    One swimmer per form, forms may be duplicated

Swimmer \_\_\_\_\_ M F (circle one)

Age (as of first day of camp) \_\_\_\_\_ Track 1 Track 2 (Circle one)

Parent/Guardian \_\_\_\_\_ Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Cellular Phone \_\_\_\_\_ Swim Team Name \_\_\_\_\_

Additional information will be mailed to campers upon acceptance.

A \$100 deposit check must accompany this application. Make check payable to Jewish Community Center and send to Al Rose, 2307 Eldridge St. Pittsburgh, PA 15217. Balance due May 16, 2010. **Camp fees cannot be refunded after June 1, 2010 for any reason.** Neither the Jewish Community Center nor the camp staff will be responsible for lost or stolen valuables.