

WESTMINSTER

27th Annual

Titan Swim Camp



Caitlin Lehberger
NCAA All-American

June 10-14, 2012
Stroke Development and
Towering Titan (ages 10+)

June 17-21, 2012
Towering Titan (Grades 7+)

June 25-28, 2012
Day Camp (Ages 8+)

Rob Klamut,
Camp Director
724-946-7315

Westminster College
New Wilmington, PA
westminster.edu/athletics

Stroke Development Camp & Towering Titan Camp Highlights

- Both camps are offered simultaneously during week 1 (June 10-14).
- Instruction and analysis in the mechanics of the four competitive strokes, underwater travel, and starts and turns.
- Familiarization with workout techniques, flexibility, strength training, diet, nutrition, injury prevention, and mental preparation.
- College preparation seminar for high school swimmers.
- Nightly activities and 24-hour supervision provided.
- A trainer will be on staff and local doctors are on call.
- Staff includes college, high school and age group coaches, along with Westminster Swim Team members.
- **Campers will be asked to use a front mounted snorkel for various drills and practice sets. All campers will be given the opportunity to purchase a front mounted snorkel at a special discounted camp price prior to arriving at camp.**

Cost

- \$315 per resident camper for one week. \$520 per resident camper for two weeks. A \$75 deposit is required with registration. The balance is due upon arrival. **Camp fees CANNOT be returned after June 1 for any reason.**
- **Commuter (campers who choose not to stay on campus overnight) rate is \$285 per camper for one week.**
- The camp fee covers housing (for resident campers), all meals at College dining hall, insurance, t-shirt and work book, recreational activities, and awards.



2011 AWARD WINNERS

Stroke Development Camp (Week 1 only)

Titan Stroke Development camp is designed for the competitive swimmer who wishes to improve stroke technique and mechanics. "Fine-tuning" the four competitive strokes, underwater travel, and starts and turns, will be emphasized. Swimmers attending this camp should be in good swimming shape.

Towering Titan Camp (Week 1 or 2)

Towering Titan Camp is designed for the serious competitive swimmer who wishes to participate in a week-long training camp while "fine-tuning" the four competitive strokes, underwater travel, starts, and turns. Major emphasis will be placed on conditioning with at least two water workouts per day. Considerable time will also be spent on technique and mechanics. **SWIMMERS ATTENDING THIS CAMP MUST BE IN GOOD SWIMMING SHAPE UPON ARRIVAL AT CAMP AND FREE OF INJURY.** It is **STRONGLY** recommended that swimmers enrolling in this camp be **at least 12 years of age** for week 1. **The Camp Director reserves the right to switch campers from Towering Titan to Stroke Development Camp in week 1.**

WEEK 2 - TOWERING TITAN CAMP ONLY

This special Towering Titan Camp week is restricted to swimmers entering Grade 7 or higher. This week is designed for serious competitive swimmers and will contain challenging workouts along with everything else offered in Towering Titan Camp. Swimmers attending this camp will be videotaped during the week. The video will be critiqued with the coaches and sent home with the camper on a memory card.

Titan Swim Camp
Westminster College
New Wilmington, PA 16172-0001



Day Camp Highlights

- Instruction and analysis of stroke technique and mechanics. "Fine-tuning" the four competitive strokes, underwater travel, and starts and turns, will be emphasized.
- Day campers must be at least 8 years old.
- Familiarization with workout techniques, flexibility, strength training, diet and nutrition, injury prevention, and mental preparation.
- Camp runs from 9 a.m. - 4 p.m., Monday to Thursday, and lunch is included with camp fee.
- An athletic trainer will be on staff and local doctors are on call.
- Staff includes college, high school and age group coaches, along with Westminster swim team members.

Cost of Day Camp

- \$150 per camper. A \$75 deposit is required with registration. The balance is due upon arrival. **Camp fees CANNOT be returned after June 1 for any reason.**
- The camp fee covers lunch at College dining hall, insurance, t-shirt and work book, and awards.



INSTRUCTION IN THE POOL AND WITH VIDEO



Westminster College Natatorium "Home of the Titans"

- Competitive pool - 45 x 75 feet
- Training well - 45 x 47 feet
- Moveable bulkhead - pool can be set for 25 yards, 25 meters, or 40 yards
- Fitness Center
- Colorado Electronic Timing System with touchpads and 9-line scoreboard
- Kiefer-McNeil Wave Eater II lane markers
- Three Power Racks and four Vasa Swim Trainers
- Relay Start Judging Platforms

Ages & Roommate Requests

- All campers must be at least 10 years old for weeks 1 and 2 (8 years old for Day Camp).
- Week 2 campers must be at least entering grade 7.
- Roommate requests for **resident campers** attending weeks 1 and 2 will be honored if **both** campers indicate the same choice of **one roommate** on the registration form.
- Residence hall rooms will be assigned with boys and girls securely separated.
- Counselors and coaching staff will provide 24-hour supervision in the residence hall.

Location

Westminster College is located in New Wilmington, Pa. It is 60 miles north of Pittsburgh, 80 miles south of Erie and Cleveland, and 20 miles east of Youngstown. It is conveniently located near two major Interstate highways I-79 (North and South), and I-80 (East and West), as well as PA Route 376 (North and South).

Westminster College Titan Swim Camp — 2012 Registration Form

Apply early ... Enrollment limited

One swimmer per form ... Forms may be duplicated ... Check more than one box if attending multiple camps

Resident for Week One
(Stroke Development, June 10-14)

Resident for Week One
(Towering Titan, June 10-14)

Resident for Week Two
(Towering Titan Grades 7+, June 17-21)

Commuter for Week One
(Stroke Development, June 10-14)

Commuter for Week One
(Towering Titan, June 10-14)

Commuter for Week Two
(Towering Titan Grades 7+, June 17-21)

Day Camp
(June 25-28)

Full Name _____

Preferred first name (please print) _____ M or F (circle one)

Age (as of 1st day of camp) _____ Grade (Sept. 2012) _____

Street _____

City _____ State _____ Zip _____

Email Address _____

Daytime Phone (_____) _____

Evening Phone (_____) _____

Cell Phone (_____) _____

Swim Team Name _____

Roommate Preference (**one only**) _____

Will be honored only if BOTH campers indicate the same choice

T-shirt size (**circle one**):

Adult: S M L XL

Youth: M L

Additional information will be mailed to campers upon acceptance.

A \$75 deposit check must accompany this application. Make check payable to **Westminster College** and send to: **Titan Swim Camp, Westminster College, Box 163, New Wilmington, PA 16172**. Balance due upon arrival. **Camp fees can not be refunded AFTER JUNE 1 for any reason.** Westminster College or the camp staff will not be held responsible for lost or stolen valuables. Credit cards cannot be accepted.

Registration forms may be duplicated.

OFFICE USE ONLY: Amt. _____ Check No. _____ Date _____

Camp Director Rob Klamut



Rob Klamut is the aquatics director and men's and women's swimming coach at Westminster College. In over 27 years as coach he has won over 360 dual meets and 12 team conference championships. A 13-time conference coach of the year, Klamut has coached three national champions, 108 individuals earning All-America or All-America honorable mention honors, and 91 conference champions.

Coach Klamut earned his B.S. degree at Clarion and M.Ed. degree at Pitt. He has achieved a Level 5 coaching certification from the American Swimming Coaches Association and holds American Red Cross instructor certification in WSI, Lifeguard Training, First Aid and CPR.

Coach Klamut can be contacted at (724) 946-7315 or by email at klamutrg@westminster.edu.

Camp Staff Includes...



Eric Mojock
Head Coach,
University of
Mount Union



Conor Simpson
Head Coach,
Moon Area
High School



Pat Smith
Assistant Coach,
Westminster
College



Brittany Smith
Assistant Coach,
Westminster
College

The above coaches will be coaching at least one week of Titan Swim Camp. Titan Swim Camps are also staffed by current Westminster swimmers.