

The Messiah College Swim Camp helps prepare young athletes for defining moments.

Please join us this year! August 2–6, 2009: for swimmers entering grades 7–12



DIRECTOR



Nancy Luley started the Messiah College Falcon Swim Team which has just completed its first season. She coached at Mechanicsburg High School for ten years prior to that. Other staff will include local coaches and college swimmers.

CAMP PROGRAM

The focus of our summer swim camp will be off-season conditioning and getting ready for the fall/winter season. Current membership on a swimming team is a requirement for camp enrollment. Messiah College Swim Camp is built around a philosophy of teaching skill acquisition and development in all four competitive strokes. Three daily water sessions will be held. Workouts are structured to improve stroke technique with a combination of drills, skills, and training. Swimmers will be grouped by ability. Other points of emphasis will be starts, turns, land work, cross training, and nutrition. Camp will be limited to 50 swimmers in order to assure a quality experience.

CAMP FACILITIES

- Eight-lane 25-yard pool
- Separate diving well for small group instruction and conditioning activities
- Swimmers will be housed in air-conditioned dorms

WHAT TO BRING

- Several suits and towels
- 2 goggles
- Short training fins such as Speedo Optimus or Zoomers
- Athletic shoes, shorts, shirt, socks

COST

Resident Camper—\$375

Resident fees cover instruction, lodging, meals, and a camp shirt.

Commuter Camper—\$295

Commuter fees cover instruction, lunches and dinners, and a camp shirt.

A \$50 non-refundable deposit, check made payable to **Messiah College Swim Camp**, is due with each camper registration form. The balance is due July 20.

REGISTRATION

Sunday, August 2, 3:30–4:30 p.m., Sollenberger Sports Center (Follow signs once on campus.)

Registration deadline—July 20, 2009

If you have questions or would like additional information, please call Coach Luley at (717) 796–1800, ext. 7313, or visit the website: www.messiah.edu (link athletics, swimming).

DIRECTIONS TO MESSIAH

Southbound on US 15: Travel approximately 3.5 miles beyond the PA Turnpike interchange and take the Lisburn Road exit. At the light at the bottom of the ramp, turn left onto Lisburn Road. Follow Lisburn through the next traffic light and up to the stop sign at the top of the hill. Continue straight on Lisburn and turn right onto Grantham Road at the bottom of the hill. Follow Grantham Road straight ahead to the stop sign at the main entrance to the College.

Northbound on US 15: Travel approximately 4.0 miles beyond the PA 74 North intersection near Dillsburg to the Lisburn Road exit. At the bottom of the ramp, turn right onto Lisburn Road. Follow Lisburn to the stop sign at the top of the hill. Continue straight on Lisburn and turn right onto Grantham Road at the bottom of the hill. Follow Grantham Road straight ahead to the stop sign at the main entrance to the College.

Messiah College, a private Christian college of the liberal and applied arts and sciences, enrolls more than 2,800 undergraduate students in more than 55 majors. Established in 1909, the primary campus is located in Grantham, Pa., near the state capital of Harrisburg. A satellite campus affiliated with Temple University is located in Philadelphia.

CONTACT INFORMATION

Nancy Luley
Head Coach
Messiah College Men's and Women's Swimming
(717) 796–1800, ext. 7313
nluley@messiah.edu

2009 Messiah College Swim Camp Application

CAMPER'S NAME _____

STREET ADDRESS _____

CITY STATE ZIP _____

AGE HEIGHT ENTERING GRADE _____

HOME PHONE PARENT'S CELL _____

E-MAIL _____

Camp Release Statement

The child named above has my permission to participate in the designated Messiah College summer athletic camp. I understand that camp participation may involve significant physical activity, which could result in injury. I certify that the child is in good physical condition and is fully able to participate. I assume all risk incident to the child's participation and release Messiah College, its

employees, agents, officers, and volunteers from all liability, claims, expenses, and actions which may arise from injury or harm to the child as a result of camp participation.

In the event of a medical emergency, I authorize Messiah College to designate a physician or hospital or emergency personnel to provide medical care (including hospitalization, if necessary) to the child, and release Messiah College from any liability for injury or harm to the child which may result from this medical care. I understand that responsibility for payment for such medical care will be mine and certify that the child is covered by adequate medical insurance.

Signed _____ date _____
parent/guardian

Check one:

- Resident: \$375 Commuter: \$295
(\$50 non-refundable deposit required)

Make checks payable to:

Messiah College Swim Camp

Shirt size (adult): S M L XL (circle one)

School: _____

High School Coach: _____
(if applicable)

Club Team: _____

Club Coach: _____

Roommate guidelines:

Work out roommate preference before sending in application. If left blank, you will be placed with someone of similar age.

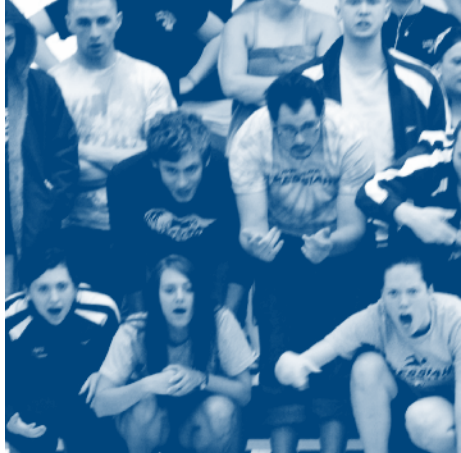
Roommate: _____

Mail to:

Messiah College Swim Camp
P.O. Box 4501
One College Ave.
Grantham, PA 17027

OFFICE USE ONLY

DEPOSIT _____ DATE _____ BALANCE _____ DATE _____



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PLEASE JOIN US THIS YEAR!



9-1101



MESSIAH SWIMMING

Messiah College
P.O. Box 4501
One College Avenue
Grantham, PA 17027



MESSIAH COLLEGE SWIM CAMP

AUGUST 2-6, 2009

