



### **Jim Wilson**

Camp Director and Men's and Women's Swim Coach, Jim is in his eighteenth year at Dartmouth College. An all-American freestyler, his coaching experience includes: Director of Swimming, University of Utah, Anaheim Aquatics Club Coach, CSCAA Master Coach, and Hong Kong National Team Coach. Jim has coached Olympians, World University Games Medalists, world champions, and numerous Division I All-Americans.

### **Jesup Szatkowski**


Jesup is in his fifth year at Dartmouth College. Prior to coaching the Big Green men and women, he was an assistant coach and aquatic director at Vassar College. A graduate of Washington & Lee and an all-conference swimmer, he has his masters degree from UNH where he was a assistant swim coach.

### **Jenn Verser**

Jenn is in her third year at Dartmouth College. Prior to coaching the Big Green men and women, she was an age-group and senior coach with Machine Aquatics in the Virginia. A graduate of UNH, She was an America East Finalist and member of the 2003 ECAC Championship Title winning team. Jenn has a master's degree in elementary education from Marymount University.

### **The Staff**

The staff of the camp will consist of current college swimmers and other top coaches from the New England area. We pay special attention to individual instruction and development.



*This is your chance to learn the finer points of swimming from one of the most successful programs in New England.*



## ***PURPOSE***

The purpose of Hedera Swim Camp is to promote competitive swimming in the New England Area and around the country. Our goal is to give our campers the drive and desire to return to their home teams with better stroke technique, a positive winning attitude and the enthusiasm and desire to train and race to their full potential.



# **HEDERA SWIM CAMP 2011**



**at  
DARTMOUTH  
COLLEGE**

**JUNE 21-24, 2011**

**KARL B. MICHAEL  
&  
SPAULDING POOLS**



DARTMOUTH COLLEGE IS NOT A  
SPONSOR OR CO-SPONSOR OF  
THE  
HEDERA SWIM CAMP

  
**HEDERA**  
**SWIM CAMP**  
**APPLICATION**

**June 21-24, 2011**

**To reserve your space in camp, please fill out and send the following form:**

Swimmer's Name: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Sex: Male Female

Address: \_\_\_\_\_

Parent/Guardian Name; \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell/Day Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Best 50 yd FREE time: \_\_\_\_\_

Best 100 yd. FREE time: \_\_\_\_\_

Roommate Request: \_\_\_\_\_

T-Shirt Adult Size: S M L XL

*I hereby release the Hedera Swim Camp from all claims with regard to injury sustained while attending the Hedera Swim Camp. Further, I hereby authorize the employees of the Hedera Swim Camp to act for me in accordance with their best judgement in case of emergency. Dartmouth College is not a sponsor or co-sponsor of the Hedera Swim Camp. (Signature required for participation.)*

\_\_\_\_\_  
*Parent/Guardian Signature*

Please send application with full payment to:

Jim Wilson  
13 Dunster Dr.  
Hanover, NH 03755

**Make checks payable to:  
IVY SWIM CAMP**

**(80% REFUNDABLE UP TO TWO WEEKS PRIOR TO CAMP)**

**Dates**  
**June 21-24, 2011**

**Times**  
Check in time is 12 PM, Tuesday, June 21.  
Pick-up: Camp-ending swim meet is at 3 PM on June 24th, with pick-up to follow

**Place**  
The Karl Michael and Spaulding Pools are located on the Dartmouth College campus within the Alumni Gymnasium.

**Ages**  
10—18 year-old girls and boys are eligible to attend.

**PLUS:**  
*All swimmers will receive individual stroke review and written stroke evaluations, camp t-shirt and handbook to take home!*



**Overnight Activities**  
Camp games, canoeing on the Connecticut River, and a picnic at the Dartmouth Rugby House. Each evening has planned and supervised activities.

**Costs**  
**\$495**  
Includes meals and all overnight costs.  
\$75 charge for lost room key.

**Supervision**  
All campers are fully supervised 24 hours a day. A ratio of less than eight campers to one coach will be maintained. All campers will be expected to follow camp rules.

**Insurance:**  
Primary insurance coverage is through parent's insurance. However, a secondary policy will cover campers as a supplemental insurance.

**Activities for Everyone**  
Stretching and workout  
Daily technique—strokes, starts and turns.  
Dryland training  
Written analysis of strokes, starts and turns.  
All meals provided  
Race preparation  
Nutrition information  
Camp ending swim meet (parents welcome!)

**What to bring**  
Two swimming suits  
Cap  
Workout clothes (shorts, shoes, etc.)  
Two towels  
Goggles  
A packing list will be mailed with pre-camp information

