

Rob Herb
Camp Director
Head Swimming Coach,
Lehigh University



Rob Herb has recently completed his fifth season as the head coach of the men's and women's swimming and diving teams.

Herb is no stranger to Lehigh's Jacobs Pool. He has been a vital piece of the Mountain Hawk's staff for over a decade, initially as a member of the swimming staff with Chris Marshall, but more recently as Lehigh's Aquatic Director. His primary professional commitment has been Director and Head Coach of the very successful Atlantis Aquatics Club Swimming program. Herb has worked with Atlantis since 1994, when he started the club. He is a four-time honoree of the American Swim Coaches Association, capturing their Coach of Excellence honor.

"Rob's reputation as a technical swimming coach and advocate for swimming is national in scope," said Lehigh Dean of Athletics Joe Sterrett. "More importantly, however Rob maintains a set of educational personal values that are extremely well aligned with the university and with our department. Rob's demeanor, organizational skills, creative and strategic thinking abilities, and concern for young people have earned him a strong and positive reputation that is founded upon respect and trust."

For five years beginning in 1998, Herb also served as a member of the U.S. National Swimming Team staff and on their advisory board. He was a head coach of the 2002 U.S. National Select Training Camp, based in Boulder, Colorado, where he worked with many of the top American swimmers and their coaches.

Herb graduated from Muhlenberg College in Allentown, Pa., with a bachelor's degree in chemistry. He then earned his master's in education from Lehigh in 1994. He currently resides in Bethlehem with his wife, Ali.

Camp Coaches and Counselors



Jim Dailey
 Head Swimming Coach, Lafayette College



Susie Andrews
 Assistant Coach, Lehigh University



Keith Grabowski
 Assistant Coach, Lehigh University



Chris Grabowski
 Head Coach, Tempest YMCA



Markus Riggleman
 Strength Coach, Lehigh University Swim Team



Rowdy Gaines
 Three-time Olympic Gold Medalist
 1984 Olympic Games in Los Angeles

LEHIGH UNIVERSITY SWIM CAMP 2009

The Lehigh University Swimming Camp 2009 will provide swimmers with a six day program designed to improve technique and advance training skills. It will include technique sessions for each of the four competitive strokes oriented towards swimming efficiency. Technique sessions will revolve around drills and explanations governing force application to swimming. Each session will be guided by our experienced staff. Campers will be supervised by the coaches and counselors at all times. The Lehigh University Swim Camp will include an optional early morning aerobic workout and a mandatory afternoon workout which will be geared for cardiovascular conditioning and emphasizing ideas learned in that day's technique session. The daily program will include dryland exercises, flexibility sessions, nutrition, and goal setting seminars. Swimmers will be videotaped swimming two laps of each stroke with written coach's analysis. Analysis will be given with ideas on how to improve. Special sessions will cover the competitive technique for starts and turns of the four strokes.

The last evening session of each session will be the Annual Lehigh Swim Camp Talent Show. On Wednesday, the camp concludes with awards and wrap up.

The Lehigh University Swimming Camp is designed to teach and advance competitive techniques. This camp is for boys and girls aging from 9-17 years old. All participants need to know how to swim all four competitive strokes. We will meet everyone's needs from novice swimmers to the advanced swimmer. We must emphasize that this camp is for swimmers who train and compete on a competitive level.

RECOMMENDED EQUIPMENT

- 2-4 Swimming Suits
- Warm Up Suit
- Running Sneakers
- Shorts & T-Shirts
- Towels
- 2 Pairs of Goggles
- Fan (dorms are not air conditioned)
- Spending Money
- Portable Fan
- Alarm Clock
- *Residential Campers need bed linens and pillows. Beds are extra long twins.

CAMP FEATURES

- Stroke Analysis
- Functional Training
- Daily Starts and Turns
- Evening Applied Skills Review Workout
- Optional AM Workout
- Video Taping
- Personalized Stroke DVD (2 laps each stroke)
- Beautiful campus and facilities
- Each camper will receive a camp T-shirt, cap, and video of strokes.
- Team building sessions



TYPICAL DAY SCHEDULE (ACTUAL SCHEDULE MAY VARY)

6-8 am	Workout (Optional)
8 am	Breakfast
9-12:45 pm	Technique Session 1
1:00 pm	Lunch
2:30 pm	Dryland Conditioning
3:15 pm	Technique Session 2
5:00 pm	Dinner
6:00 pm	Free Time
7:00 pm	Pool Activity or Camp Activity
10:00 pm	Lights Out

On the final day of camp, swimmers must be picked up by 6:00 pm

SPECIAL START and TURN INSTRUCTION

Some of the most neglected areas of competitive swimming are starts and turns. The start and turn are the fastest part of any race and can improve performance significantly. However, due to time, space, equipment or interest, the start and turn are not usually part of every daily practice. At the Lehigh Swim Camp, we will dedicate special attention to starts and turns each day of the camp.



Instantly Register on-line at WWW.LEHIGHSPORTS.COM

All staff listed will not be present at every week of camp. For a list of who is appearing during your week of camp and other information, call 610-758-4309

REGISTRATION INFORMATION

Residential Camp	\$485	All meals included
Commuter Camp includes Start & Turn Clinic	\$460	Lunch & Dinner included (9am-9pm)
Day Camp	\$280	

Each swimmer must fill out and return a Lehigh Summer Camp Health Form & Waiver prior to participation. The form is available online at www.lehighsports.com. Faxed Health Forms will not be accepted.

Camp Check-In

- Residential Campers will check-in on the Saturday of each camp week from 9am-10am.
- Camp Orientation will be held at 10am on the day of check-in.

Check-in information and driving instructions will also be posted online at www.lehighsports.com

Camp Check-Out

- On the final day of camp check-out will be 5:00pm - 6:00pm at the dorm.
- Campers will only be released to authorized adults showing ID.

Confirmation of Enrollment

Your cancelled check or credit card statement confirms enrollment in camp. All registered campers will receive a post card to confirm receipt of their registration. In addition, those registering online will receive an email confirmation of their enrollment.

Cancellations

Full refund policy is available at lehighsports.com



Questions can be directed to 610-758-4309 or email: swimfast@lehigh.edu

Experience Lehigh Swimming !

ROB HERB
LEHIGH UNIVERSITY SWIM CAMP 2009
641 TAYLOR STREET
BETHLEHEM, PA 18015-3187



LEHIGH UNIVERSITY

SWIM CAMP 2009



Now Offering
Two Sessions for
Residential or Commuter Camp

June 20 - June 24, 2009
June 27 - July 1, 2009

Day Camp

July 17 - 20, 2009

Space is limited! Reserve your spot instantly with online registration at lehighsports.com

SWIM LEHIGH CAMP 2009

ALL INFORMATION SPACES MUST BE COMPLETED FOR ENROLLMENT.

Name _____ Age _____ Birthdate ____/____/____
 Parent Name _____
 Address _____
 City _____ State _____ Boy _____ Girl _____
 Home Phone (____) _____ Work Phone (____) _____
 E-mail Address _____
 Adult T-shirt size S M L XL Roommate Request _____
 Adults authorized to pick up camper: _____

REQUEST ONLY ONE

Mail registration form and payment in full to:

Lehigh University Summer Camp Office
641 Taylor Street
Bethlehem, PA 18015-3186

Choose Week (Check One)

- (SW1) 1 - June 20-June 24, 2009
 (SW2) 2 - June 27-July 1, 2009

Choose Camp Type (Check One)

- Residential Camp \$485
 Commuter I Camp \$460

- (SW3) Day Camp - July 17-20, 2009 \$280
 Day Camp

Please make checks payable to Lehigh University.

Payment Method

Total Amount Enclosed \$ _____

Check # _____

Credit Card

Visa _____

Mastercard _____

Expiration Date _____

Cardholder's

Signature _____

Best Times (needed for grouping)

50 FR _____ 50 BR _____
 100 FR _____ 100 BR _____
 50 BA _____ 50 FLY _____
 100 BA _____ 100 FLY _____