

---

## Application

---

June 22<sup>nd</sup> – 26<sup>th</sup>

Price: \$295

Name \_\_\_\_\_

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

Parents \_\_\_\_\_

Address \_\_\_\_\_

City, Zip \_\_\_\_\_

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

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

E-Mail \_\_\_\_\_

### T-SHIRT SIZE

(Circle one)    Adult            Youth

(Circle one)    S            M            L            XL

### MEDICAL STATMENT

I verify that my child has been checked by a licensed physician and is physically able to participate in the Stroke & Technique Swim Camp. I agree to allow my child to be treated by a licensed physician while attending the camp, if necessary. I understand all that is stated in this brochure, including refund policy and payment information, and am willing to abide by these rules and regulations.

X \_\_\_\_\_  
Parent's Signature

**Send application with \$75.00  
NON-REFUNDABLE deposit to:**

**Chad Cradock  
UMBC Retriever Aquatics  
1000 Hilltop Circle  
Baltimore, MD 21250**

( Balance due June 6, 2009 )  
( Deposit will be forfeited and spot lost if not  
paid in full by June 6, 2009 )

**MAKE CHECK PAYABLE TO:  
CHAD CRADOCK**

---

## General Information

---

**AGES -            Ages 6 to 15**

**DATE -            June 22<sup>nd</sup> thru June 26<sup>th</sup>**

**TIME -            9:00am - 4:00pm**

**PRICE -            \$295**

*Late Pick-Up Fee: \$5 per 5 minutes late*

**PLEASE MAKE CHECKS PAYABLE  
TO: CHAD CRADOCK**

### WHAT TO BRING

It is important for you to bring the following items with you everyday to camp: a bathing suit, goggles, towel, lunch, two snacks, water bottle, gym shoes, gym clothes and sunscreen.

### MEDICAL/SAFETY

All Staff members are certified in lifeguard training, CPR and First Aid. Staff members are also members of United States Swimming and have a Coaching Safety Certificate.

---

“PRACTICE LIKE A CHAMPION,  
SWIM LIKE A CHAMPION,  
LIVE LIKE A CHAMPION!”

---

---

## Additional Information

---

### Typical daily schedule (may vary from day to day):

9:00am            Arrive

9:15am            Instruction/Video in classroom

10:15am            Break/Snack

10:30am            Instruction in Pool

11:45pm            Lunch (not included) & Movie

*On Friday, there will be a camp pizza party provided for the campers!!*

1:15pm            Game/Activity out of pool

2:15pm            Break/Snack

2:30pm            Instruction in Pool

4:00pm            End of Day

Each day there will be a “fun activities time” either in the pool, in a field or in the gymnasium.

### ALL CAMPERS WILL TAKE HOME

The following items will be provided for the campers to take home at the end of the week:

- A camp **T-Shirt**
- A **swimming booklet**, that will highlight the information taught during the week, including nutritional tips, motivational techniques, sportsmanship information, and strength and conditioning tips.
- A **video** of themselves swimming, which will include a coach's evaluation of the swimmer's strokes.

### For Additional Information, contact:

*Coach Chad at:*

Phone – (410) 455-2670

FAX – (410) 455-1124

E-MAIL – [ccradock@umbc.edu](mailto:ccradock@umbc.edu)

---

## Camp Information

---

The Stroke and technique Swim Camp at UMBC will help *any level swimmer* become a better swimmer. If you only swim for fun in the summer, or if you are a very competitive swimmer and want to discover more about your sport, this is the camp for you. You will learn: the fundamentals of all four competitive strokes, how to improve your turns, be first off the blocks at the start, and how to finish your race strong.

Topics covered at the camp:

\* **Stroke Technique**

\* **Starts & Turns**

▪ **Sport Nutrition**

▪ **Training Philosophies**

▪ **Strength and Conditioning**

▪ **How to Prepare for Competition**

▪ **Lifestyle Development (setting goals)**

▪ **The Importance of Sportsmanship**

(Every topic of the camp will be divided according to age groups and ability levels; teaching techniques will be adjusted to the age and ability levels.)

### CAMP FACILITIES

The camp is held at the University of Maryland Baltimore County campus. The main pool used is an Olympic size 50-meter outdoor pool. There are also two indoor pools for additional space. In addition, there are many spacious open areas for covering the educational topics listed above.

---

## Camp Staff

---

**CHAD CRADOCK** - Head Coach of UMBC Men's and Women's Swimming and Head Coach of The Retriever Aquatic Club. Coach Cradock has been with the program for fifteen years as a coach and swimmer. As a swimmer he competed nationally and internationally, and competed in the 1996 Canadian Olympic Trials, placing fifth in the 400-meter freestyle. Cradock, a Native of Barrie, Ontario, Canada was the East Coast Athletic Conference Swimmer of the meet in 1997, winning the 200, 500, and 1650 freestyle events. In 1996, Cradock recorded Canada's top time in the 1500-meter freestyle. During his coaching tenure at UMBC, He helped lead UMBC Swimming and Diving programs to five ECAC and four NEC Championships. This year he led the UMBC Men's team to their fourth consecutive and the women's first America East Championship. His peers have selected him as coach of the year in 2002-2005. Over the years, he has led the club to over 20 top sixteen swims and several national and senior national qualifiers. Coach Cradock has great communications skills with athletes, and has many years of swim camp experience, working at camp Chikopi in Canada for 8 years.

**CHRIS GIBEAU** - Assistant Coach of UMBC Men's and Women's Swimming and Assistant Coach of the Retriever Aquatic Club. Chris has been with the program for four years. Prior to that he served 6 years with the Monocacy Aquatic Club, the last 4 as Head Coach. While at MAC Chris's swimmers achieved Top 16 times as well as several swimmers achieving Jr. National and US Open Qualifying Times. Chris has also served as Head Coach & Coach of the Maryland Zone Teams for 6 years and has served on the Maryland Swimming board of directors for the past 7 years. Prior to coaching Monocacy Chris had served additional 3 year tenure with UMBC/RAC Chris helped lay the foundation for the current and future success of both programs. Chris is an ASCA Lifetime member and is a certified Level 3 Coach.

**ROB FRANCO** - Assistant Coach of UMBC Men's and Women's Swimming and Assistant Coach of the Retriever Aquatic Club. Rob just recently joined the Retrievers family, before which he acted as Assistant Coach and Head Strength Coach of the New Jersey Institute of Technology in Newark, NJ. There he helped train multiple ECAC opens and Eastern Zone qualifiers. Coach Franc is patient, focused and driven and demands no less of his athletes.

2009

**AQUA DAWG  
SWIM CAMP  
AT  
UMBC**

COMPETITIVE STROKE TECHNIQUE  
STARTS & TURNS

June 22<sup>nd</sup> - June 26<sup>th</sup>



[www.racswim.org](http://www.racswim.org)

---