



## 2 Weeks Available!

June 28 - July 2

July 26 - July 31

## Open to Ages 11-16

The Cape Cod Swim Club is hosting two weeks of swim camp for summer 2009! We are looking for swimmers ages 11 to 16 who want to spend a week learning more about the best sport in the world.

Participants will attend two workouts per day in our pool at the Massachusetts Maritime Academy in Bourne. We will take day trips to local areas of interest such as Old Silver Beach and Woods Hole. Athletes will stay on the water-front next to the scenic Cape Cod Canal in the MMA dormitories. Meals will be served in the MMA dining hall, one of Cape Cod's *most frequented* dining establishments.

## OUR COACHING STAFF

**Marc Solomon** has over 30 years of coaching experience and was the head coach of the Cape Cod Swim Club from 1978-2007. Now our club's director, Marc will supervise the camp.

**Joe Smith** has been coaching with the CCSC for the last thirteen years. He started coaching competitive swimming in 1972 and has coached at every level from developmental swimming to national level. Joe comes to Cape Cod from Virginia where he was head coach of the Herndon Aquatic Club.

**Ron Zuwallack** joined the CCSC in 1983 as a swimmer and is now the Club's head coach. He coaches three levels of the club's program. A national qualifier, Ron swam for the University of North Carolina.

## CAMP GOALS

We have two goals we try to meet at each summer camp. First, we hope our campers learn a lot about swimming. We will cover a range of topics including stroke technique, nutrition, training methods, and racing tips. Second, we want our campers to have a good time. We try to get in a lot of fun activities. Past years' activities have included a day at the beach, a science cruise, a relay festival, a tour of the Maritime Academy's vessel, a night at the movies, a walk to our local ice cream shop, a cruise along the canal, a barbeque, a run-swim competition, a trip to a water park and a bike ride along the Cape Cod Canal.

## COST

The price of our four-day camp from June 28 - July 2 is \$675. The price of our five-day camp from July 26 - July 31 is \$725. All campers returning from last year will receive a \$75 discount. If you are interested in coming, fill out the attached application and mail it in quickly! Please note that camp space is limited and we do expect the weeks to fill up early. A deposit of \$200 is due with your application. ***The deposit is non-refundable unless we can't fit you in.*** Your remaining balance is due on May 15.

## CCSC CONTACT INFO

Call or e-mail any questions.

Cape Cod Swim Club  
P.O. Box 966, Pocasset, MA 02559

(508) 564-5690

capecodswimclub@aol.com

www.capecodswimclub.com



## SWIMMER INFO:

Name:

Date of Birth:

Gender:

Parents' Names:

Parents' E-mail:

Mailing Address:

Home Phone:

Cell Phone:

Medical Concerns:

Special Diet:

Home Club Name:

Home Club Coach:

Time for 100 FR:

T-Shirt Size:

Years at our Camp:

## CCSC CAMP APPLICATION

To reserve a spot in our camp, fill out this application and return it to us with your deposit in the amount of \$200. *The application deposit is non-refundable unless we can't fit you in.* Your remaining balance is due on May 15.

Check the session you would like to attend:

- June 28 - July 2 (4 days)
- July 26 - July 31 (5 days)

## PARENT CONSENT

This section must be completed by the applicant's parent or legal guardian.

I, \_\_\_\_\_, for myself, my spouse, my child, and on behalf of my heirs, assigns, and next of kin, hold harmless the Cape Cod Swim Club, The CCSC, Inc., and its agents and the Massachusetts Maritime Academy for any and all injuries to my child incident to my child's involvement in the Cape Cod Swim Club camp program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## MAIL THIS PAGE TO:

**Cape Cod Swim Club**  
**P.O. Box 966**  
**Pocasset, MA 02559**