

Medical Information

2016 Navy Swimming Camps

Camp Highlights

2016 Navy Swimming Camps

N A V Y S W I M M I N G



**June 14-18, 2016,
June 20-24, 2016
and Clinics on
June 18 & 19, 2016**

Boys & Girls Ages 8-18

**Directed by
U.S. Naval Academy
Head Swimming Coach
Bill Roberts**

**www.navyswimmingcamp.com
Sponsored by NAAA**

- Educational presentations each evening
- Video analysis of all four competitive strokes
- Individual and group instruction
- Boat cruise of Annapolis Harbor & Severn River
- Enthusiastic & experienced camp staff

Traveling to Annapolis

From The North

Take Interstate 95 South, exit on Interstate 695 East in Baltimore, then take Interstate 97 South exit. Follow Interstate 97 until it merges into U.S. Route 50 East.

From The South

Take Interstate 95 North, Maryland Route 2 North, and U.S. Route 301/Maryland Route 3 North Intersect U.S. Route 50. Travel East to Annapolis.

From U.S. Route 50

Exit Rowe Boulevard (Exit 24). Turn left onto Taylor Avenue/RT 450 at the intersection of Rowe BLVD and Taylor Avenue. Follow Taylor which will wind right just after you pass the 7-11 on your left and firehouse on your right. Stay in the right lane. Turn right onto King George Street. Stay straight on King George Street, which will bring you to Gate 1 of the US Naval Academy.

Air Transportation

Baltimore-Washington International Airport (BWI) is convenient to Annapolis and serves most major airlines. All flights must arrive into BWI. The camp will provide pick-up and delivery at the airport (pick-up fee not included). Please contact the Navy swimming office with flight information.

USNA Access

To drive onto the Yard, vehicles must have current Department of Defense stickers OR a day pass which grants right of entry. A day pass can be obtained at Navy Marine Corps Stadium (see confirmation email) on the day of check-in prior to driving onto the Naval Academy.

Navy Swim Clinics

Back in 2016! See website for information.
www.navyswimmingcamp.com

2016 Stroke Camp

June 14-18, 2016 and/or

June 20-24, 2016

Each camp week ends at 12 noon.

Clinics: June 18 & 19, 2016

Navy Swimming Camp is a stroke intensive camp. It is designed to help a swimmer improve in each of the four individual strokes including starts and turns. One stroke will be highlighted each day, with a day reserved for starts and turns. Training will occur in each session, with swimmers receiving individual attention. Campers will receive daily instruction in dryland activities designed to improve individual fitness levels. The Navy stroke camp has three options to choose from; resident, extended day, commuter. Extended day and residential camps include special programming each evening. Campers will be under constant and professional supervision throughout their stay. A wide range of pertinent information will be offered throughout each day. Therefore, we recommend that each swimmer bring a notepad and pen.

Please see www.navyswimmingcamp.com

for the typical daily schedule.

Please visit our website for clinics information

and signup coming in Spring 2016.

Applicant's Name _____
(Please print)

Medical Treatment Authorization

I/We being the legal guardians of the above applicant authorize the Naval Academy Athletic Association, the specific camp and its agents, permission to request medical treatment as necessary to insure the well being of the applicant.

(Parent or Guardian Signature)

(Date)

Insurance

Coverage for accidental injury is required by all participants. Please complete the health care information below.

Health Insurance Carrier: _____

Policy Number: _____

I approve of my child's attendance at the Naval Academy Athletic Association Sports Camp and certify that s/he is in good health and able to participate in all activities. I (am/am not) attaching a statement explaining special physical limitations and/or required medication. Please indicate if your child suffers from allergies, asthma, diabetes, restricted activities, etc. In further consideration of the Naval Academy Athletic Association accepting this application, I/we hereby agree to save and indemnify and keep harmless the Naval Academy Athletic Association, its agents and employees against any and all liability, claims, judgments or demands for damages arriving as a result of injuries sustained by the applicant during or as a result of any course given the applicant by the Naval Academy Athletic Association. Furthermore, as the parent/legal guardian for this child, I understand it is my responsibility to provide the Naval Academy Athletic Association with a COMPLETE AND VALID PHYSICAL EXAMINATION FOR THIS CAMPER PRIOR TO THE START OF CAMP.

(Parent or Guardian Signature)

(Date)

Please Complete if You Would Like
Information Sent to a Friend

Name _____

Email _____

2016 Navy Swimming Camp Information

About the Camp Directors & Staff

Purpose of the Camp

Camp Application

Check In:

Check in for all campers is between 12-2 p.m. on Day One. Commuters should arrive at 8:15 a.m. and be picked up at 4:30 p.m., except for the first and last day. Extended Day campers should arrive at 8:15 a.m. and be picked up at 8:15 p.m. Check in at Navy-Marine Corps Stadium and then proceed to the Naval Academy. Check the "Update" page of the camp website for the latest registration information/updates.

Payment:

No cash accepted. Camp tuition is paid in full when registering. Payment is made online or by check with completed application. See below for cancellation policy.

Cancellations:

A \$100.00 fee is in effect for any cancellation received before 1 June, 2016. Beginning 2 June at 12:00 a.m. EST through 24 hours before registration of your scheduled session (12:00 p.m. on June 14 and/or June 20, 2016), cancellations for any reason will be refunded at 50 percent. Cancellations/early departures for any reason after the 24 window (12:00 p.m. on June 14 and/or June 20, 2016) and during your camp session will not be refunded. Phone cancellations are not accepted. All clinic registrations are non-refundable.

Housing:

Resident campers will stay in Bancroft Hall, the dormitory of the U.S. Naval Academy. Swimmers should bring their own sheets, blanket and pillow for a single bed. Swimmers will be roomed two, three or four per room. Accommodations are excellent. Mature, experienced male and female chaperones provide supervision in the hall and provide fun evening recreational programs.

Meals:

Breakfast, lunch and dinner are provided to residential campers in King Hall -- the U.S. Naval Academy dining hall. Lunch will be provided to Commuter campers. Lunch and dinner are provided to Extended Day campers. Snack and juice machines are located on the Naval Academy campus. Approximately \$40 per week is suggested for snacks and miscellaneous expenses.

Rules and Regulations:

Prior to arrival via email, each swimmer will be provided with camp rules & expectations. While the aim of the camp is to accommodate swimmers with an enjoyable and worthwhile experience, we reserve the right to send home any swimmer who does not conduct himself/herself in a favorable manner.

Enrollment:

Resident Camp is open to swimmers who are nine and older. Commuter and Extended Day camps are open to all swimmers who are eight years and older. Swimmers with at least one year of competitive experience are welcome. NCAA rules allow graduated seniors to attend camp.

Video Analysis:

Each year, one of the most popular aspects of the Navy camp is the opportunity for video analysis. Again in 2016, all campers will have their strokes taped and reviewed. Further analysis options may be available in 2016. Information about additional coaching programs and promotions will be sent out via email.

Bill Roberts – Camp Director/Head Coach



Bill Roberts enters his 13th season as the head coach of the Navy men's swimming team and his 16th year as part of the program's coaching staff in the fall of 2015.

Roberts has led the Mids to the Patriot League title in each of his 12 seasons on The Yard. Navy has tallied 150 swimming event crowns at the meet over his time, with the remainder of the league winning a combined 65 event titles.

In addition to the team's success at the Patriot League Championship, Navy also has won six ECAC Championship crowns in the last seven seasons. Roberts has been named as the ECAC Coach of the Year on each of those title-winning campaigns.

Navy also has been successful during the regular season under Roberts. The Mids have posted double figure win totals in nine of his 12 seasons and have compiled an overall record of 128-47. Nine of Navy's 16 losses over the last three seasons have come to nationally-ranked foes such as North Carolina, Virginia and Penn State, with another coming to Princeton during the 2012-13 season.

Additionally during the Roberts era, Navy swimmers have annually taken part in national meets such as the World Championship Trials, the World Military Games, the ConocoPhillips National Championship, USA Swimming Spring Championship & the Open Water National Championships.

Roberts co-founded the Navy Swimming Camp in 1998. Since 2004, he has served as the director for a camp that has grown into one of the most successful competitive swimming camps in the country. During this time, over 2700 swimmers have learned more about competitive swimming at the Naval Academy.

Mark Liscinsky – Camp Director/Asst. Coach



Mark Liscinsky begins his third season as an assistant coach with the Navy men's swimming team in the fall of 2015.

Liscinsky spent the previous seven seasons as the head assistant coach for the American men's and women's teams. Serving as the spring group coach for the overall program, his swimmers set seven school records — men: 50 free, 100 back; women: 50 free, 100 free, 100 breast, 200 medley relay, 400 medley relay — and won four event titles at the Patriot League Championship.

A 2004 graduate of American himself, Liscinsky was a highly decorated swimmer in his own right. He set school records in five events — four of which remain American records — and was tabbed as the Colonial Athletic Association Rookie of the Year in 2000 and as the Patriot League Swimmer of the Year in 2002 and 2003. Liscinsky totaled 10 CAA Championship meet event titles (five individual event, five relay event) as a freshman and sophomore before adding 12 Patriot League Championship meet titles (six individual event, six relay event) as a junior and senior. A versatile swimmer, he won titles in five different individual events (100/200 back, 200/400 IM, 200 free) and in five different relay events (200/400/800 free, 200/400 medley).

On the national stage, Liscinsky competed in the NCAA Championship Meet as a senior, was a finalist in multiple events at the U.S. Senior Nationals, qualified for three U.S. Olympic Team Trials and was a member of the U.S. team that took part in the 2003 World University Games.

Camp Staff

Each camp season, an energetic and experienced staff is put together. Staff members will come from across the United States with a variety of experiences to their credit. Staff members are active in the American swimming community. A list of past staff members is listed on the camp website. We do our best to target people we believe to be committed to teaching within the sport of competitive swimming.



To offer a safe and secure environment for your sons and daughters. To provide excellent instruction and training with an emphasis on technique and skill. To provide each swimmer a fun, exciting and enthusiastic environment to come to camp.

Expect huge results by being part of the 2016 Navy

Swimming Camp this summer! We offer a unique

environment to learn and develop your competitive

strokes, including all related starts, turns and finishes.

The most important goal is to provide the very best in

individual instruction and evaluation, safety/

supervision and overall camper experience. From here,

our aim is to maximize learning opportunities geared

towards improving technique. Additional pool sessions

are offered to all desiring to maintain conditioning while

at camp. The full schedule for 2016 includes video

analysis, dry land activities designed to improve

individual fitness levels, performance, training,

goal-setting and leadership presentations, and the Navy

time trials meet.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

DOB: _____ Grade (Fall '16): _____

Email: _____

Male: _____ Female: _____ T-Shirt Size: S/M/L/XL

Please Enroll Me For Acceptance In

(Check one below)

— Resident Stroke Session I, June 14-18, 2016

I am enclosing \$725 in full payment (no cash)

— Resident Stroke Session II, June 20-24, 2016

I am enclosing \$725 in full payment (no cash)

— Commuter Stroke Session I, June 14-18, 2016

I am enclosing \$625 in full payment (no cash)

— Commuter Stroke Session II, June 20-24, 2016

I am enclosing \$625 in full payment (no cash)

— Extended Day Stroke Session I, June 14-18, 2016

I am enclosing \$675 in full payment (no cash)

— Extended Day Stroke Session II, June 20-24, 2016

I am enclosing \$675 in full payment (no cash)

— Resident Stroke Sessions I & II, June 14-24, 2016

I am enclosing \$1450 in full payment (no cash)
(option for campers who will NOT stay at camp between sessions)

I am enclosing \$1650 in full payment (no cash)
(option for campers who WILL stay at camp between sessions)

Note: Double sessions staying in our custody must register for two clinics. Details included in confirmation email.)

Method of Payment

(you must also check which session you will be attending above)

Payment by Credit Card is accepted ONLINE ONLY at www.NavySports.com

NavySports.com

Amount Enclosed: _____

Check#: _____

(Make checks payable to Navy Swimming Camp)

Naval Academy Athletic Association, NAVY Swimming Camp,
566 Brownson Rd., Annapolis, MD 21402

GO NAVY

For Questions, call (410) 293-5834 or (410) 293-3012
or email Navy Swimming at:

navyswimmingcamp@usna.edu www.navyswimmingcamp.com