

Little Rhody Swim Camps' 2010

at Providence College, Providence, Rhode Island

Two Sessions Session 1, Mon-Fri, June 21-25 Session 2 Mon.-Fri, June 28-July 2

Traditional Instructional Camp. Coach John O'Neill leads the longest running Swim Camp program in Rhode Island history. Campers (Ages 8 & older) will receive extensive stroke, start and turn work in a fun and motivating environment. In addition to pool workouts, dryland and classroom sessions are held. *Swimmers must have previous competitive swim experience (at least one season on a swim team).* Camp Director: John O'Neill, Head Coach of Providence College and the Little Rhody Aquatic Club. Coach O'Neill brings over 25 years of college, age group and club coaching experience to his camps. Coach O'Neill has been recognized as the Patriot League, Big East, New England, and National Catholic Coach of the Year and has directed camps and clinics for over two decades, including those featuring Olympic Gold Medalists Rowdy Gaines, Mike Barrowman and Head Olympic Swim Coach Don Gambriel.

Campers will have the opportunity to train and use the facilities at Providence College in Providence, RI. Campers should arrive each day between 8:00-8:30 AM and will be available for pick-up at 3:15-3:30 PM. (*The last day of camp, Pick-up is at 11:15 AM*). Cost – \$199.00. Deposit: \$100.00 due with Registration. A \$10.00 discount is available for all those who register and pay in full. Team discounts are also available... coaches should contact us via email. Campers should bring a lunch each day or money to purchase one in the Dining Hall at Providence. All campers will be provided a Camp Swim Cap and Camp T-shirt. **Medical** – Parents and/or Guardians must make sure each camper has passed a physical examination within one year of attending our camp. Each camper is covered by a group accident policy, *which supplements a claim beyond personal insurance only*. Families will receive all medical and waiver forms and they must be returned no later than June 1st. Please note: **This camp is not owned or operated by Providence College. Registration is first come, first serve until each Camp week is full. Register today to insure your place in Camp!**

Registration Slip – Please Print

Circle Session Session 1 Session 2, Swim Team _____

Camper's Name _____ Age _____

Home Address _____

Parents Names _____

Home Phone _____ Cell Phone _____

Email _____ @ _____

Please make checks payable to: LRAC and return to Swim Office, Athletic Department, Providence College, Providence, RI 02918 Questions?? Please email us at joneill@LRACSwim.com or call the swim office at 401.865.2268.