

# General Camp Information

- \* Camp check-in on Monday is between 8:30 am and 9:00 am at the Alma Grace McDonough Center on the campus of Wheeling Jesuit University.
- \* Camp will begin daily at 9:00 am at the WJU Natatorium and end at 3:00 pm.
- \* Pick-up for swimmers will be between 3:30-4:00 pm at the WJU Natatorium.
- \* Lunch will be included in camp costs.
- \* Swimmers will have at least 2 in-water sessions per day covering stroke instruction, starts, turns, and training.
- \* Dryland and strength training sessions will be covered each day.
- \* There will be a classroom sessions on several aspects of swimming and sportsmanship.
- \* Campers will receive a camp t-shirt and cap.
- \* Optional video stroke analysis is available.
- \* Optional pre-camp "Training Session" offered daily for experienced campers from 6:30-8:30 a.m.

## cost

- \* The total cost of the camp will be \$175.
- \* A non-refundable deposit of \$50 is due by June 1, 2010 to secure a spot in camp.
- \* A maximum of 70 swimmers will be taken for camp. Swimmers will be registered on a first come, first served basis.
- \* A short list of camp rules will be distributed on the first day of camp. It is the camp director's decision to dismiss a camper if his/her behavior or actions are detrimental to the welfare of the camp. No refunds will be issued in such instances.
- \* We will also be offering a "Training Session" that will begin at 6:30 a.m. and finish at 8:30 a.m. This session is recommended for experienced swimmers and is an additional \$25.00 per camper.

## recommended equipment

Suits, towels, extra caps, goggles, water bottle, fins, and equipment bag if necessary.

## mail registration to:

WJU Swimming Office/ Attn: RICK WEST  
 316 Washington Avenue, Wheeling, WV 26003  
 304-243-2399  
 rwest@wju.edu

# Rick West Cardinal Swim Camp

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Preferred Phone ( ) \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

T-Shirt Size Adult XL-L-M-S/Youth L-M-S (Circle Size Requested)

Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone ( ) \_\_\_\_\_

Insurance Policy Carrier: \_\_\_\_\_

Group #: \_\_\_\_\_

Primary Card Holder: \_\_\_\_\_

Method of Payment:

Payable to Rick West Cardinal Swim Camp

Check # \_\_\_\_\_

Cash

Paypal \_\_\_\_\_@\_\_\_\_\_

If paying via paypal please include your email address where an invoice can be sent.

Signature \_\_\_\_\_

*By my signature I am consenting that the above named swimmer be allowed to participate in the 2010 Rick West Swim Camp at Wheeling Jesuit University. I have read the camp brochure, understand the goals and objectives of the camp, and understand and agree to the waiver of participation listed below.*

WAIVER: The above name(s) shall hold Rick West, or Wheeling Jesuit University, their officers, employees and volunteers harmless from any and all liability, loss, expenses (including attorney fees) or claims for injury or damage arising from participation in programs and/or related activities. Each swimmer assumes the inherent risks of participation.

# Rick West Cardinal Swim Camp 2010

## Rick West

Rick West is camp director and also the Head Men's and Women's Swimming Coach at Wheeling Jesuit University. He has been a part of Ohio Valley swimming for more than 20 years as a swimmer, coach, and meet director. While at Wheeling

Jesuit, West has guided the men's team to a conference championship in 2002 while winning the coach of the year honors the same season. Since returning to WJU in 2007, West has rejuvenated the Cardinals Swimming Program. In 2007, the team had few members and had not had a winning record in several seasons. During the 2009-10 campaign the men's team won 9 meets and lost 3, and was ranked in the top 25 of Division II Swimming. The Women's team compiled an 8-4 record and began to break several school and pool records in the process. "Having worked at several of the largest swimming camps in the country, it is my goal to bring a high quality and affordable camp to the swimmers of the Ohio Valley.

June 28-July 2  
Wheeling Jesuit  
University

9 a.m.- 3 p.m.



316 Washington Avenue  
Wheeling, WV 26003  
304-243-2399