

Located on the beautiful 160 acre campus of McDaniel College, the Green Terror experience offers the very best in swim camps.

Under the direction of McDaniel College Head Coach Jeff Hiestand, the camps are designed to provide a safe, fun, and rewarding experience. The campers will learn about technique, nutrition, goal-setting, how to train effectively, and much more. Each week is limited to 35 campers to ensure a great learning environment.

In addition, each camper will receive a swim cap, camp T-shirt, and DVD with complete analysis of their strokes.

#### Highlights:

- ✓ Low swimmer to coach ratio
- ✓ Twice-daily water workouts
- ✓ Dryland workouts
- ✓ Valuable classroom education
- ✓ Team Activities

#### Lodging

All resident campers will be housed on the McDaniel College campus. Campers must provide their own linens, and towels.

#### Meals

Breakfast, Lunch, and Dinner will be served to all resident campers (lunch only to day campers). In addition, sports drink and snacks will be provided throughout the day.

Green Terror Swim Camps  
McDaniel College  
2 College Hill  
Westminster, MD 21157

# The Green Terror Swim Camps at McDaniel College



Overnight and Day camps for the competitive swimmer, ages 9-18

Camp 1: Overnight and Day

June 19-23, 2011

Camp 2: Day only

June 27-July 1, 2011

Camp Director: Jeff Hiestand

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