

## McDonogh Competitive Swim Camp

Ages: Boys and girls 9 to 14

Hours: 9 a.m. to 4 p.m.

Dates: Session 1: June 20 to June 24

Dates: Session 2: June 27 to July 1

Tuition: \$320 per session (includes lunch!)

(Optional bus transportation for additional \$75 per session)

The McDonogh Competitive Swim Camp will take place in the Henry A. Rosenberg, Jr. Aquatic Center, featuring a brand new Olympic-size pool. The camp is designed for swimmers from either summer league teams or YMCA/USA swim teams. Please note that is not a learn-to-swim camp as the entire camp is run in the deep end of the competition pool.

Directed by McDonogh head varsity swim coach Scott Ward, the camp staff includes adult professional coaches and National level athletes. This camp is designed to teach, drill, and train the individual fundamentals of competitive swimming. Specific drills will be taught to aid skill developments in all four of the competitive strokes along with instruction on starts and turns. Underwater video recording will also be utilized in teaching and improving the swimmer's stroke mechanics.

For more information please call Scott Ward at 410-998-3501 or email: [sward@mcdonogh.org](mailto:sward@mcdonogh.org)

To receive an application please visit:

<http://www.mcdonogh.org/c/summer-programs/sports-programs/coed-programs>

