

Bates College

Located 140 miles northeast of Boston and within an hour's drive of the Maine coast, Bates College occupies a well-landscaped, 109-acre campus within the Lewiston-Auburn area, an urban community of about 80,000 people.

All Bates Swim Camp participants are housed in one of the College's modern dormitories from Sunday evening through Thursday afternoon. Three meals a day, each featuring a selection of entrees and unlimited seconds, are served in the College's Memorial Commons.

All campers will receive stroke evaluations, camp t-shirt, and swim cap.

Fees and registration

Tuition, room and board: \$400
Reduced team rate for three or more athletes from the same team: \$380 per person.

A nonrefundable registration fee of \$100 (check made payable to Bates College Swim Camp) must accompany each registration. This fee will be applied to camp tuition. Upon receipt of your completed application form and registration fee, you will be sent a medical form. The form, signed by your physician, must be returned before you arrive on campus.

The Bates Swim Camp is open to all interested swimmers, but registration is limited to ensure individual attention to all participants.

Bates College reserves the right to cancel this program at any time for any reason without notice. In the event of cancellation by the College, the College's liability to participants is limited to the refunding of any deposit or payment received as of the date of cancellation.

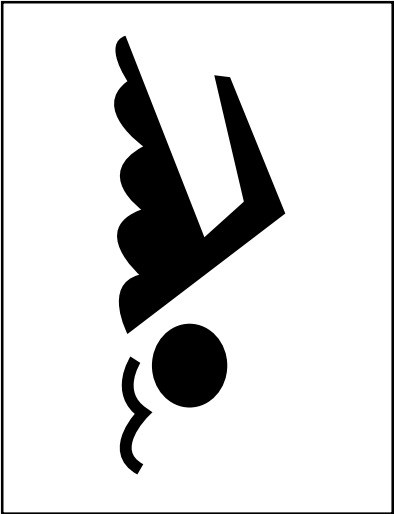
Bates values a diverse college community. Moreover, Bates does not discriminate on the basis of race, color, national or ethnic origin, religion, sex, sexual orientation, marital or parental status, age, or disability, in the recruitment and admission of its students, in the administration of its educational policies and programs, or in the recruitment and employment of its faculty and staff.

Bates College Swim Camp
Alumni Gym
Bates College
Lewiston ME 04240
Address Service Requested

Nonprofit Organization
U.S. Postage Paid
Bates College



Bates College Swim Camp
June 20-24, 2004



Intensive training for swimmers ages 11-17

Bates College Swim Camp

The Bates College Swim Camp is a residential program designed to help boys and girls ages eleven to seventeen strengthen their athletic skills and build a winning attitude. Focusing on modern training concepts and techniques, the experienced instructors will challenge participants to develop a heightened sense of personal accountability toward training.

Each young athlete will receive individual and group coaching from members of the camp's staff, including video and stroke evaluations. In addition to daily training sessions, staff will provide lectures and information sessions on sports nutrition, goal setting, and motivation.

Program highlights include:

- Race strategies
- Stroke mechanics
- Starts, turns, relay pick-ups
- Dry-land exercises
- Videotaping
- Stroke evaluations
- Guest Speakers

For more information, please contact:

Coach Dana Mulholland
Alumni Gym
Bates College
Lewiston, Maine 04240
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<http://www.bates.edu/swim.xml>

The Staff

The Bates College Swim Camp is directed by Dana Mulholland, head coach of men's and women's swimming at Bates since 1988. A graduate of the University of Maine, he earned his master's degree in education at the State University of New York at Cortland. Before coming to Bates, he built one of Maine's most successful swim programs at Lewiston High School and also coached the USS team in Lewiston.

Coach Mulholland is past chairman of the College Swim Coaches Association (CSCA) All-Academic Committee. He is also past president of the New England Women's Interscholastic Swimming and Diving Association (NEWISDA).

Under Coach Mulholland's direction, the Bates men's and women's teams have consistently placed in the top ten in New England. Bates has produced several All-Americans. Coach Mulholland was named 1990-91 and 1999-2000 New England Coach of the Year in collegiate women's swimming.

Assistant program director Dave Bright is the head coach of the Lewiston High School boys' and girls' teams and assistant swim coach at Bates. A graduate of Colby College, where he was All-New England and a New England champion in the 400 individual medley, he previously coached the Lowell (Massachusetts) Boys Club, Colby College, and Brunswick High School teams. He serves as president of the Maine High School Swim Coaches Association.

Each year, current coaches who were former Bates swimmers return to join the camp coaching staff.

The Tarbell Pool

The Tarbell Pool is part of the College's extensive Margaret Hopkins Merrill Gymnasium, which opened in 1980. It is an eight-lane, 25-yard/25-meter swimming facility with one- and three-meter boards and fourteen feet of depth with underwater observation capabilities.

Participants will also have access to the Davis Fitness Center's weight machines, as well as free weights and the Vasa swim trainer for dry-land training.

Daily Schedule

(Subject to change)

7:00	Wake up call
7:15	Morning run
7:45 - 8:15	Breakfast
8:15	Seniors: Dryland
	Juniors: Tarbell Pool
10:00	Seniors: Tarbell Pool
	Juniors: Dryland
12:00	Lunch and rest
1:45	Room inspection
2:00	Seniors and Juniors: Tarbell Pool
	Rules/Stretching/Warm Up
3:00	Training Sets
4:30 - 5:30	Personal Time
5:30 - 7:00	Dinner and rest
7:00	Video
8:00	Evening Program
10:00	Camp Meeting
10:15	Lights Out

Bates College Swim Camp Application

☐ Female

☐ Male (for housing purposes only)

Name _____

Address _____

City _____ State _____ ZIP Code _____

Home Telephone () _____

School Telephone () _____

Email _____

Age in June 2004 _____

School/team _____

Coach _____

Other registrants from your team _____

Roommate request _____

Event(s) and best performance(s) _____

T-shirt size: S M L XL

Person to be called in an emergency:

Name _____

Relationship _____

Daytime Telephone () _____

Evening Telephone () _____