

Welcome to the 2003 AquaCats Swim Camp



The combination of one of the most experienced swimming staffs in the nation, personalized filming and critiquing sessions, extra on and off campus activities, and extensive water sessions will make your AquaCat swim camp experience one the best in the nation.

The AquaCats Swim Camp is held on the beautiful University of Arizona campus. All of our water sessions take place at Hillenbrand Aquatics Center, home of the WildCats. During these sessions we will limit the number of resident campers to 40. This insures the individual attention and quality instruction for which the AquaCats Swim Camp is known.

The AquaCats Swim Camp is staffed by The University of Arizona swimming staff including 1998 Swimming coach of the year Frank Busch. Also featured on the staff will be Olympic and National team members including current University of Arizona Coach Rick DeMont and Ryk Neethling. Also available will be Olympians and former WildCat swimmers Amanda Beard and Beth Botsford.

Our format consists of four sessions a day. Two of these four sessions will be strictly devoted to stroke work. In addition we will also be continuing personalized underwater filming with an individual critiquing session.

For more information contact Greg Rhodenbaugh at 520-621-8344 or rhodenba@u.arizona.edu or 520-626-3171 (fax). Mailing address is:

AquaCats Swim Camp
McKale Memorial Center Room #210
P.O. Box 210096
Tucson, AZ 85721-0096

Aquacats Swim Camp Information 2003

ACTIVITIES

At AquaCats Swim Camp, every swimmer will get to work on their conditioning and receive intensive stroke analysis and instruction.

Conditioning

2 workout sessions lasting between 1 and 1.5 hours

Technique

2 sessions: stroke, start, and turn mechanics

Dryland work

flexibility exercises and calisthenics

Filming

With a video tape, we will record your strokes, starts, and turns. Then we will individually analyze them from an above-water and underwater angle using our camera equipment.

Other activities

Nutritional and weight training workshops as well as an Olympic Moment presentation.

ROOM AND BOARD

Campers stay in the student dorms located near the aquatics complex. They dine in the university cafeteria facilities. The meals are offered on an all-you-can-eat basis. Wednesday night's dinner will be followed by a fun night of activity instead of the evening swim session.

SUPERVISION

Aquacats Swim Camp provides 24-hour adult supervision for all campers for the duration of the camp. Any camper who violates University of Arizona Policy will be immediately dismissed from the camp at the camper's expense.

TRANSPORTATION

Courtesy shuttles will be provided to and from Tucson International Airport on a limited basis.

COSTS AND DATES

The cost of this year's camp will be \$470.00 for resident campers. Day campers will be \$400.00. This year's two sessions will be June 1-5 & June 8-12

EQUIPMENT NEEDS

Campers should bring his/her own swim gear:

Suits
Goggles
Caps

Paddles
Equipment bag
Pull Buoys

Fins

We recommend that each camper bring athletic shoes and casual clothes. Each camper must bring his/her own alarm clock and bed linen or sleeping bag and pillow.

FUN STUFF

Campers enjoy the family-like atmosphere of our small camp. Fun on and off campus activities will be planned nightly, including a trip to Gates Pass and Golf'n Stuff.

Aquacats Swim Camp

Coaching Staff



Camp Director
Greg Rhodenbaugh

Arizona Assistant Coach

- US National Team Staff Member
- Masters World Record Holder - 50m Breast
- SWC Coach of the Year 1989
- NCAA All - American Breastroker
- Captained NCAA 5th ranked SMU - 1983
- Olympic Festival Champion

Frank Busch
Arizona Head Coach



- 1998 USA Swimming Coach of the Year
- 1998 USOC National Coach of the Year
- 1998 World Championship Coach
- 1998 Pac-10 Women's Coach of the Year
- 1997 Pan Pacific Games Head Coach
- 1993 NCAA Men's Coach of the Year

Rick DeMont
Arizona Assoc. Head Coach



- Former World Record Holder
- 1972 Olympian - United States
- 12 - time collegiate All American
- 1990 inductee to the International Swimming Hall of Fame
- Coached 14 NCAA and USS National Champions

Roric Fink Ford
Aquatic Head Coach



- U.S. National Team Staff
- Has worked with Olympic medalists, National champions and National record holders
- Arizona Age Group Coach of the Year 1993



AQUACATS SWIM CAMP APPLICATION

We accept applications from swimmers 9 - 17 who have a year round competitive swimming background in the residence camp. We accept summer league swimmers in the day camp. Send the completed application and a check for \$470.00 for resident camp or \$400.00 for day camp payable to : The AquaCats Swim Camp

**McKale Memorial Center #210
P.O. Box 210096
Tucson AZ 85721-0096**

The \$470.00 payment includes a \$100.00 nonrefundable deposit. Applications must be received by May 6, 2003. Upon the receipt of your application and full payment, your spot for camp will be reserved, and confirmation material will be sent to you. Acceptance is on a first come, first serve basis. Although the camp is staffed by the U of A coaches, it is not an official function of The University of Arizona.

For more information call Greg Rhodenbaugh at (520) 621-8344 or rhodenba@u.arizona.edu or (520) 626-3171 (fax)

☐ Session I (June 1-5) ☐ Session II (June 8-12)

Camper's Name: _____

Date of Birth: _____

Sex: ☐ F ☐ M

Parent/Guardian: _____

Home Phone: _____

Street Address: _____

City: _____

State: _____

Zip: _____

Swim Club: _____

Coach: _____

LSC/USS#: _____

Adult T-shirt size: ☐ S ☐ M ☐ L ☐ XL

Roommate preference (optional): _____

Best 100 yd Free time: _____

Best stroke/Time: _____

I, _____, give my permission to AquaCats Swim Camp to have
(parent or guardian)

_____ professionally treated in case of emergency.
(camper)

Signature of parent or guardian: _____