

# CAMP STAFF

## CAMP DIRECTOR DEAN BROWNLEY

17th year as Centre College Men's & Women's Head Coach. 26 years collegiate coaching experience. Led Centre to repeat Conference Championships in 2013-14. Coached 16 All-Americans, 8-time Conference Coach of the Year.



## ASSISTANT DIRECTOR KATY FREEMAN



11th year at Colonel Swim Camp. College swimmer at Gardner Webb University, graduated in 2006. Extensive coaching experience, including Lexington Dolphins, Bates Creek High School, and Danville Country Club.

## ASSISTANT DIRECTOR COLLEEN MAGGARD

3rd year as Centre College Men's & Women's Assistant Coach. College swimmer at Centre, 4-time All-American, 8-time Conference champion, and school record-holder. 9 years coaching experience including Lexington Catholic High School, Spindletop Hall, and Danville Country Club.



# Colonel Swim Camp

Centre College Swimming  
600 West Walnut Street  
Danville, KY 40422



## COLONEL SWIM CAMP

# 2018

## COLLEGE PREP CAMP JUNE 8-9

Intensive training camp for rising high school freshman - seniors. Focus on training, technique, strength, and exploring college swimming options.

## TECHNIQUE CAMP JUNE 17-21

Educational camp for swimmers ages 9-17. Focus on stroke technique, starts, turns, and racing skills.



Centre College - Danville, KY



SIGN UP ONLINE AT  
[abcsportscamps.com/centreswim](http://abcsportscamps.com/centreswim)

# COLONEL SWIM CAMP APPLICATION

## COLLEGE PREP CAMP June 8-9

Resident (\$200) \_\_\_ Commuter (\$125) \_\_\_  
Commuter Breakfast/Dinner Package (\$40) \_\_\_

## TECHNIQUE CAMP June 17-21

Resident (\$450) \_\_\_ Commuter (\$300) \_\_\_  
Commuter Breakfast/Dinner Package (\$75) \_\_\_

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

DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

T-shirt Size (adult): S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Roommate Preference: \_\_\_\_\_

Swimmer Insurance Coverage: \_\_\_\_\_

Policy #: \_\_\_\_\_

I understand that neither Centre College, nor anyone connected with the Athletic Department or Colonel Swim Camp assumes responsibility for accidents, medical, dental, or other expenses incurred as a result of attending this camp. In case of injury or illness, necessary emergency treatment is authorized.

Parent Signature: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

## CAMP INFORMATION

Colonel Swim Camp is all about learning to be a better swimmer in an exciting and safe environment, whether you choose Technique Camp to build your swimming skills, or College Prep to get a taste of training as a collegiate athlete.

### Resident or Commuter?

Residents stay overnight on Centre's campus and have all meals provided. Commuters participate in all swim sessions and lunch, but travel from home each day. Optional Breakfast and Dinner packages are available for commuters who want to eat all meals with the group.

### Colonel Cup

Technique campers also participate in the Colonel Cup games throughout camp. These fun activities each night are designed to encourage healthy competition and comradery. Commuters can opt in or out of Colonel Cup.

**REGISTER ONLINE AT**  
**[abcsportscamps.com/centreswim](http://abcsportscamps.com/centreswim)**

**OR complete the attached application and mail with \$50 deposit to:**  
**Colonel Swim Camp**  
**attn. Dean Brownley**  
**600 W Walnut St**  
**Danville, KY 40422**

## QUESTIONS?

Call the Centre Swim Office at  
**859-238-5540**  
or e-mail [dean.brownley@centre.edu](mailto:dean.brownley@centre.edu)



### College Prep Schedule

**Friday Drop-off and Check-in:**

**9:00am**

**Saturday Pick-up 5:00pm**

### Technique Camp Schedule

**SUNDAY Drop-off and Check-in:**

**12:00-1:30pm**

### DAILY ROUTINE:

**8:30-8:50 Breakfast**

**9:00-10:00 Dryland Workout**

**10:00-12:00 Swim Technique**

**12:00-1:30 Lunch & Rest**

**1:30-2:00 Team Activity/Speaker**

**2:00-4:30 Swim Session**

**4:30-5:30 Workout**

**5:30-7:00 Dinner**

**7:00-8:00 Colonel Cup Games**

**8:00-10:00 Supervised Free Time**

**10:30 Lights Out**

**THURSDAY Pick-Up: 12:00pm**