Welcome to Messiah College Swimming, home to the 2014 and 2015 Middle Atlantic Conference Champions! We will be offering four swimming technique day camps this summer for competitive swimmers—both seasonal and year-round—who are interested in developing their technique and learning as much as they can to develop as swimmers. We also make our camps available on a "per day" basis so that you may choose to come to the days or topics of your choice. Attend two or more days of any camp and you'll receive a Messiah Swimming Camp t-shirt!

2015 Dates
Junior Camp #1: July 6-9 (Monday thru Thursday), 12-4pm
Junior Camp #2: July 13-16 (Monday thru Thursday), 12-4pm

Monday -- Freestyle, Starts, Turns and Finish Technique
   Special topic -- Nutrition for Swimmers: What to eat and when to eat it for your best performance

Tuesday -- Breaststroke Technique and Open Turn Technique
   Special topic -- Goal Setting: How to set goals appropriately that will motivate you throughout the season and beyond

Wednesday -- Backstroke, Starts, Turns, and Finish Technique
   Special topic -- Mental Preparedness: How to prepare your brain for great racing

Thursday -- Butterfly and IM Turn Technique
   Special topic -- Being Your Best: How to adopt the attitude and behavior of a champion

Please note: Both of our camps this summer will be for swimmers ages 9-13 (swimmer age as of July 1, 2015).

Camp Description

Messiah College Swimming Camps are technique-intensive day camps modeled after our own successful men's and women's programs, and are being offered as either single-day clinics or a four-day camp. In addition to stroke technique fundamentals, the camp includes classroom presentation and discussion, video analysis, on-deck dryland activities and special topic presentations to develop the whole swimmer. Set in a motivating environment with passionate coaches and staff, our small camp size allows for a more individualized camp experience than other camps. Our goal is to provide our campers with a superb overall experience, inspiring them to become great students of the sport as they continue to develop as swimmers.

Each camp will be four hours long each day and very focused. Our goal is to get to the “nitty gritty” of what's most important for helping competitive swimmers become true students of the sport. No fluff, no long days, and no overnights! Bring your brain because we're ready to fill it with lots of new information. Please note that this is a technique-focused camp and not necessarily a training camp. While some training occurs, training will not be the focus of our week.

Need the "per day" option since your summer so busy that you can't commit to a whole week of swim camp? Or, do you just need to work on specific strokes or skills? Choose to come for 1, 2, or 3 days!
Camp participants will all be between the ages of 9 and 13 and instruction will be age appropriate. Age is as of July 1 of the current year. You should also note that our limited camp size (maximum of 20 for junior camps) provides a more individualized camp experience than most other swim camps!

**Purpose of the Camp**

First and foremost, our purpose is to provide a safe learning environment for all campers. Secondly, we want to provide the highest quality technique-intensive instruction and camper experience. We will offer you a motivating environment to learn in and develop your stroke, the fifth stroke: underwater, start, turn, and finish technique. Because video is so critical to learning how the best swimmers do what they do, we will depend heavily on both video of elite swimmers and video analysis of our campers throughout the week. All campers will also receive video of their before and after strokes at the conclusion of the camp. Classroom presentations on mental preparedness, goal setting, and nutrition, and developing the attitude of a champion will round out our camp instruction.

**Camp Fast Facts**

- **Communication:** Our main way of communicating with parents is email. Please check your email regularly as the camp approaches and daily during the camp. We will use the email you supplied at registration to disseminate key camp information.
- **Family Discount:** A family discount of $25 is given to second/third child who registers for a camp. First child is at regular price.
- **Inclement Weather:** We will hold the camp rain or shine.
- **Messiah College Employee Discount:** A 10% employee discount is available to all full-time employees of Messiah College. This discount is only available to campers up through eighth grade as NCAA rules prohibit the providing of discounts to campers in grades 9-12.
- **Group Discounts:** There are no group/team discounts available.
- **What to Bring:**
  -   Appropriate, competitive swimsuit, goggles, and cap (for girls)
  -   Water bottle
  -   Two (2) towels
  -   Shorts and t-shirt to put on over swim suit
  -   Sneakers
  -   Notepad and pen for taking notes
- **Snacks:** A daily snack will be provided; please inform camp director of any food allergies.
- **Facility:** Messiah’s Frederickson Natatorium will house all activities for the camp
- **Costs:**
  -   $325.00, or pay by day:
    -   1 day--$95; 2 days--$180; 3 days--$250
  -   $100.00 Deposit due at time of registration.
  -   Full payment due no later June 15. Checks should be payable to "Messiah College".
- **Camp Director Contact:** For questions, please contact Coach Jeannie Zappe at jeannie.zappe@gmail.com or 570.490.2182 for questions.

**General Daily Schedule**

- **12:00 p.m.** Opening and daily technique presentation
- **12:30 p.m.** Dry-land warm-up/stretching
- **12:45 p.m.** In-water technique work session 1
- **2:15 p.m.** Break and special topic presentation
- **2:45 p.m.** In-water technique work session 2 (with video)
- **3:30 p.m.** Classroom - video analysis
- **3:55 p.m.** Wrap up and preview of next day (dismissal approximately 4:00)
Camp Directors and Camp Staff

Jeannie Zappe – Camp Director
Jeannie Zappe has been the Assistant Coach of Men's and Women's Swimming at Messiah College since 2012. She is a certified Total Immersion™ (TI) Swim Coach and Owner/Head Coach of Swim Your Best in Mechanicsburg, PA. She provides Total Immersion coaching to adult triathletes, aspiring triathletes and fitness swimmers, as well as technique coaching to college, high school and age group swimmers. After a nearly 20 year career in higher education IT leadership, Jeannie decided it was high time to return to her passion for coaching and teaching swimming in 2008. Jeannie was the assistant coach of the Sunbury branch of the Greater Susquehanna Valley (Pa.) YMCA swim team from 2008-2011 and West Shore YMCA swim team from 2011-2013. She has coached her swimmers to several YMCA age group state championships, individual state championships and YMCA National qualification. Since September of 2012, she has been the assistant coach of Men’s and Women’s Swimming at Messiah College. She enjoys open water coaching as well, specifically at the Total Immersion Women’s Open Water Experience in Maho Bay, St. John in 2011 and 2012. In June 2013, she was a Visiting Assistant Coach at the Salo Swim Camp at the University of Southern California where she thoroughly enjoyed the opportunity to coach alongside Olympic and USC coach, Dave Salo, as well as many Olympians.

She has varied experience as a competitive swimmer, coach and official. She is a lifelong fitness swimmer, has competed at the US Master’s Swimming National Championships, and has a passion for everything swimming. As a younger swimmer, Jeannie preferred the short-axis strokes (breaststroke and butterfly) and IM. After revamping her own freestyle stroke significantly by becoming a certified Total Immersion coach, she now prefers to swim freestyle and thoroughly enjoys the mindful practice and continual improvement that TI freestyle provides, as well as the challenge of long distance and cold water swimming. She completed the Alcatraz Sharkfest swim in July, 2012 and the Bridge to Bridge 10K in San Francisco in May, 2013. In 2014, she completed the Trans Tahoe 10-mile relay, a 55-degree non-wetsuit swim in July, 2014 and the Manhattan Relays, a 28-mile relay around Manhattan in September, 2014. She loves her work as a TI Coach, sharing her passion and enthusiasm for swimming and helping others to experience the satisfaction of mindful practice, continuous improvement and mastery.

She holds a Bachelor of Science degree in quantitative business analysis from Penn State University and a Master of Science degree in business administration from Bucknell University.

Nancy Luley – Assistant Camp Director
Nancy Luley completed her seventh season as head coach of Messiah College Swimming in 2015. The Falcons have improved steadily in the standings and the women won their first-ever Middle Atlantic Conference Championship in 2014 and repeated it again in 2014. Fourteen men’s and women’s swimmers or relays have also won conference gold.

To read more about Coach Luley, visit her bio on GoMessiah.com!

Other Staff
Additional staff members will include former Messiah College swimmers who are passionate and experienced swimmers and instructors. Our unique small camp size (maximum of 20 for junior camps) provides a more individualized camp experience. Swimmers will receive plenty of feedback! Additionally, each staff member is committed to high moral and ethical standards, and each is required to complete a background check.