

Tim Flannery
Golden Bear Swim Camp
Kutztown University
Kutztown, PA 19530



2017 Golden Bear Swim Camp



July 9-13

**Tim Flannery, KU Head Swim Coach
Kelly Skiptunas, KU Asst. Coach**

www.kutztownusportscamps.com

About the GOLDEN BEAR SWIM CAMP

The Golden Bear Swim Camp focuses on developing proper technique of the four competitive strokes, starts, and turns. Campers are also instructed in training techniques, strength and dry-land training, race strategy, mental preparation, and nutrition.

The coaching staff is made up primarily of college coaches, and the counselors are local coaches and college swimmers. Each staff member is dedicated to providing each participant with an excellent camp experience.

There are two pool sessions per day, concentrating on stroke drills and proper technique. There is also an optional morning workout for campers to maintain a higher level of conditioning while at camp. Each camper will be videotaped and have their tape reviewed by a camp coach. Campers will also get to put what they have learned to use at the Golden Bear Swim Camp Championships on the last day of Camp.

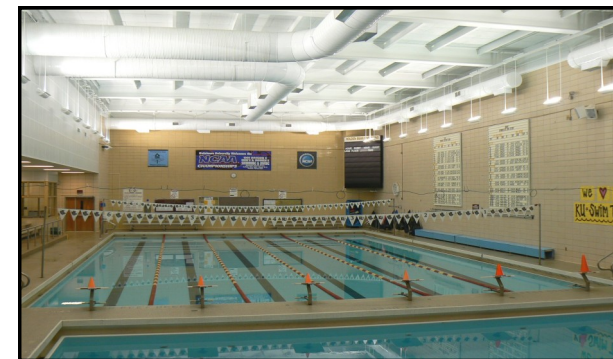
In order to provide a great camp experience, we limit the number of swimmers in the camp so that we can achieve an 8 to 1 swimmer to coach ratio. This will ensure that each swimmer is given the best instruction possible.

The Golden Bear Swim Camp is designed for swimmers who train and compete on the competitive level, ages 9 and up. This is NOT a learn to swim camp.

FACILITIES

The newly renovated Keystone Hall Natatorium is a six-lane, 25-yard pool with a separate 14-yard well. Lectures and video reviews will be held in classrooms in Keystone Hall, while dry-land conditioning will be held on the adjoining fields. Overnight accommodations will be in one of the University residence halls staffed by camp counselors, coaches and University staff. There will be supervision 24 hours a day. The South Dining Hall will provide three nutritious, all-you-can-eat meals each day.

Keystone Hall Natatorium



CAMP FEATURES

- ◆ Detailed instruction & stroke drills from college and high school swim coaches
- ◆ Video Taping of all strokes, starts, and turns
- ◆ Stroke Analysis
- ◆ Training Time
- ◆ Dry-land Training
- ◆ Camp t-shirt
- ◆ Optional AM workout
- ◆ Golden Bear Swim Meet
- ◆ KU facilities for free time
- ◆ Nightly activities

Recommended Equipment

| | |
|------------------|-------------------|
| 2-4 swim suits | Caps & goggles |
| Sweats | Water bottle(s) |
| Towels | Combination lock |
| Running sneakers | Shorts & T-shirts |
| Spending money | Fan* |
| Alarm Clock* | Bed Linens* |

*for resident (overnight) campers

** Please let the camp director know if you have any special accommodations that need to be met in order to attend this camp.

GOLDEN BEAR SWIM CAMP COACHING STAFF

TIM FLANNERY
Kutztown University
Head Swim Coach
Camp Director



Tim Flannery enters his 21st season as the Head Swimming Coach at Kutztown University in 2016-17.

He has compiled a 131-96 dual-meet record with his women's swimmers at Kutztown. Flannery has posted a 192-145-1 overall record at Kutztown (men and women), and a 232-178-1 overall record while coaching at Kutztown and the United States Merchant Marine Academy.

Over his career at Kutztown, Flannery's swimmers have set 158 school records. He has coached 20 NCAA Division II qualifiers who have earned 27 All-America and 26 All-America honorable mention honors, and two individual NCAA titles. His swimmers have also earned 13 PSAC individual and relay titles, while 39 of them were named to the All-PSAC team. The women's swimming team has been honored by the College Swimming Coaches Association as a Scholar All-American Team from 1999-2013. Also, 53 swimmers have been named PSAC Scholar-Athletes under Flannery.

The Golden Bears had at least one All-American in each of Flannery's first six seasons, including hall of famer Liz Thoryk, the only athlete at Kutztown, in any sport, to earn All-America honors in each of her four seasons of competition. The women's team finished in the top 10 at NCAAs in 1997 (eighth) and 1998 (10th). They have also had NCAA finishes of 24th in 1999, 27th in 2000, 26th in 2007 and 21st in 2009. The men's team finished in the top 20 at NCAAs in 1998 (15th) and 2002 (20th), and recorded finishes of 25th in 2001, 29th in 2003 and 24th in 2004.

In the 2011-12 season, Flannery's Golden Bears posted a 5-3 dual meet record. KU finished ninth at the PSAC Championships, where one swimmer was named to the All-PSAC team. Flannery had one swimmer advance to the NCAA Championship where she finished 17th.

In 2010-11, Flannery led the Golden Bears to a 9-1 dual meet record. KU extended its dual meet winning streak to 21 and broke three school records. Kutztown finished eighth at the 2011 PSAC Championships, where three swimmers were placed on the All-PSAC team and two advanced to the NCAA Championships, where one received two honorable All-American honors.

A 1986 graduate of Springfield College, Flannery holds a Bachelor of Science degree in health fitness. While a swimmer at Springfield, Flannery was a seven-time NCAA Division II All-American. He also received a Master's of Education in athletic administration from Springfield. He is a member of the College Swimming Coaches Association and American Swimming Coaches Association (Level 4 certified).

Flannery is the proud father of five children: Megan (23), Molly (22), Kyle (20), Abby (17), and Amy (14).

KELLY SKIPTUNAS
Kutztown University
Assistant Swim Coach



Kelly Skiptunas enters her first season as an assistant coach with the Golden Bear women's swimming program in 2016-17.

Skiptunas was previously an assistant swim coach at Schuylkill Valley High School for the 2015-16 season.

She has been an assistant swim coach for the Adamstown swim team in the summers since 2007 and has also helped coach at the Reading YMCA since 2006.

Skiptunas swam at Florida State University for two seasons from 1983-84 before transferring to the University of Florida.

Coaching Staff

List of coaches who have worked the GB Swim Camp

Jim Burkman, Head Coach, Schuylkill Valley HS

Alexandra Crigler, Asst. Coach, Kutztown

Erin Goodhart, Head Coach, York College of PA

Ron Farina, Head Coach, Seton Hall

Steve Fowler, Asst. Coach, Kutztown

Chris Gally, Asst. Coach, Kutztown

Jamil McEnnis, Asst. Coach, Seton Hall

Brian McLaughlin, Head Coach, Montclair State

Jaqueline Michalski, Head Coach, Eastern Illinois

Matt Stumhoffer, Asst. Coach, Schuylkill Valley HS

Eric Snook, Head Coach, Downingtown West HS



DAILY SCHEDULE (TENTATIVE)

| | |
|-----------------|----------------------------|
| 6:30-8:00am | Morning Workout (optional) |
| 8:15-8:45am | Breakfast |
| 9:00-9:45am | Classroom |
| 9:45-10:30am | Dryland Conditioning |
| 10:30-11:45am | Pool session |
| 11:45am-12:30pm | Lunch |
| 12:30-1:45pm | Free time (Rest) |
| 2:00pm-2:45pm | Stroke review session |
| 2:45-3:30pm | Specialty sessions |
| 3:30-5:00pm | Pool session |
| 5:00pm | Commuter Camper pickup |
| 5:15-6:00pm | Dinner |
| 7:00pm | Camp Activity |
| 10:00pm | Lights Out |

CAMP REGISTRATIONS

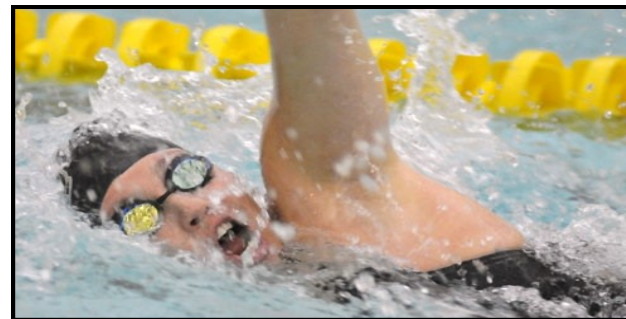
Residential campers will register on:

Sunday, July 9, 2017 from 1:00-2:00PM

Commuter campers will register on:

Sunday, July 9, 2017 from 2:15-2:30PM

Camp Orientation will begin at 2:30pm on the first day of camp. Parents are encouraged to attend.



CAMPER PICKUP

The Golden Bear Swim Camp Championships will be held on Thursday, July 13, 2017 at 11:00AM. Parents are welcome to attend and cheer on the swimmers. The meet will end at approximately 12noon which time campers will check out of their rooms and leave with their parents.

2017 GOLDEN BEAR SWIM CAMP REGISTRATION FORM

Name _____

Address _____

City, State, Zip _____

Home Phone (____) _____

Emergency Contact _____

E.C. Phone (____) _____

E-Mail _____

Grade as of July, 2017 _____

Age ____ Birthdate ____/____/____ Male / Female

T-shirt Size (Adult): S M L XL

Roommate Request _____

How did you learn about the camp? _____

Check desired camper:

July 9-13

Resident \$450

Commuter 9am-5pm \$300

Credit Card Payment:

www.kutztownusportscamps.com

PLEASE MAKE CHECKS PAYABLE TO:

Kutztown University Swimming

Mail registration form and deposit to:

Tim Flannery—Head Swim Coach

Kutztown University

GB Swim Camp

Kutztown, PA 19530

A \$100 non-refundable deposit is required to reserve your spot in the Golden Bear Swim Camp. If circumstances or injury make it impossible for attendance at our 2017 camp after receipt of deposit, we will apply deposit in full to your 2018 camp tuition. A health history/medical treatment permission form and an informed consent release form will be mailed to you upon receipt of application and is required by the first day of camp.