

Welcome to the Marauder Way!

Marauder Swim Camps
164 West Cottage Ave
Millersville, PA 17551

Hello Swim Campers:

Millersville Swimming is proud to bring you the Marauder Swim Camp. This camp will feature our Marauder Coaches along with top level coaches from around the region. This camp will be held Monday-Thursday at the Pucillo Pool located at Millersville University

Camp will begin at 9:00 am each day and break for lunch from 11:00-12:30 pm. Swimmers will be ready for pick up at 4:00pm.

Have your swimmers get a lot of rest and remember to stay hydrated. Lunch is not provided so remember to bring a healthy lunch each day! With parental permission swimmers can leave for lunch or stay to eat and watch a movie at the University.

Swimmers will need healthy lunches, water bottles, clothes/ shoes for dry land training (ready for indoor or outdoor training), swimsuit, towel, goggles, cap and shower supplies. If you have any questions about the camp please call Kyle Almoney (717-871-4163).

We can't wait to see you all camp!

Our Mission

Our goal is to provide a safe and creative learning environment for all athletes. New swimming experiences, friendships and a high level of instruction will make this camp an unforgettable experience for everyone.

2017 Marauder Competitive Swimming Camps



Summer Competitive Camp Dates

Session 1: June 26-29, 2017

Session 2: July 10-13, 2017

Staff

Kyle Almoney

Kyle Almoney finished his 10th year at the helm of the Marauder women's swimming team to close out the 2015-16 season. The Marauders accumulated 175 team points at the PSAC Championships which represented the second most points in program history. The eighth place finish also represented the Marauders' best at the conference meet since 2006. During the 2014-15 season, Almoney became the Marauders most winningest coach with a 32-25 overall record and .561 winning percentage.

Sample Daily Schedule

9:00-9:45	Video Review & Technique Talk
9:45-11:00	Pool Session/ Technique Work
11:00-12:30	Lunch
12:30-1:30	Performance Talk
1:30-2:30	Dryland/Video Work
2:30-4:00	Pool Session/Training
4:00PM	Pick up from Pool

Sample Daily Schedule

- Professional instruction and coaching
- 2 water sessions per day focusing on technique, training and skills (starts and turns)
- Dryland and educational lectures daily
- 10:1 camper to counselor ratio
- Camp t-shirt
- Personal Video Analysis & Review

Questions?

For all questions concerning Marauder Swim Camps

Contact: Kyle Almoney at 717-871-4163

Email: Kalmoney@millersville.edu

Registration

All registration will be done online; Swimmers can register online at millersvilleathletics.com

Camp Details

Location: Millersville University, Pucillo Pool

Dates: June 26-29 & July 10-13, 2017

Facilities: Pucillo Pool (6 lane, 25 yards)

Ability Level: Open to competitive swimmers 9 and older, this is for competitive swimmers only.

Cost: \$ 200.00 per swimmer (limited to 30 swimmers)

Checks can be made payable to Millersville University

