

ARMY SWIM CAMP 2015



JULY 5-8, 8-11, 12-15, 15-18

Camp Director: Mickey Wender



Assistant Camp Director: Eric Bugby
Contact Email: ArmySwimCamp@usma.edu



Thank you for choosing Army Swim Camps!



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Army Swim Camp Description



Army Swim Camps are directed by Head Coach Mickey Wender. In his 25th year as an NCAA head coach, Coach Wender has coached at all levels of competitive swimming, from summer league to the Olympic Games. He has also coached swimmers to the NCAA Division I Championship Meet in every event.

“The Army Swim Camp at West Point is a one-of-a-kind experience for all swimmers. Campers will learn the skills necessary to take their swimming to the next level, in and out of the pool. Three daily swim sessions are focused on the most up-to-date technique instruction; teaching all four strokes, starts, and turns. Our professional staff will also expose athletes to “hidden training;” nutrition, goal setting, dryland training and much more. All camp sessions and a wide variety of extracurricular activities (including an open water swim at Delafield Pond) will take place on the hallowed grounds of the United States Military Academy.”

-Mickey Wender

Army Swim Camp Coaching Staff



Eric Bugby
Army Assistant Coach



Haley Mitchell
4-time Maccabiah champion



Riley Boulden
Alabama 200 IM record

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Cost and Pricing

● Early Registration before April 1	\$500.00
● Overnight	\$525.00
● Overnight (Staff/Military)	\$425.00
● Day/Commuter	\$425.00
● Day/Commuter (staff/Military)	\$345.00
● Flex	\$450.00

Flex Pricing

- Team (10 or more)
- Sibling
- Returning campers

NO REFUNDS WILL BE MADE AFTER YOUR ONLINE REGISTRATION IS COMPLETED. WE ONLY ACCPET ONLINE REGISTRATION AND PAYMENTS IN FULL. PAYMENT IS DUE AT THE TIME OF THE REGISTRATION, NO DEPOSITS ACCEPTED.

2015 Army Swim Camp Cancellation and Refund Policy

All refunds must be approved by the Head Coach and the Camp Director. Your refund request will be processed on a case-by-case basis and you will be notified once a final decision has been made regarding any refund due. Refund processing time should not exceed 6 weeks. No refund will be issued if you must withdraw from a camp mid-session for any reason, including dismissal by camp staff. The only exceptions a refund will be considered after 14 days prior to the start of camp will be due to a death in the family or a camper injury which would make the camper ineligible to participate in camp activities.

CANCELLATION REFUND POLICY

Cancellation before 120 days prior to the first day of camp	\$35.00 Administrative Fee
119-31 Days prior to the first day of camp	\$75.00 Administrative Fee
30 Days to 14 days prior to the first day of camp	\$300.00 Cancellation Fee
Less than 14 days prior to the start of camp	No refund will be issued.

If you qualify for the FLEX discount be sure to select the correct price type before you register and submit your on-line payment. Please be reminded that each camp has specific guidelines as to the number of campers that constitute a team under our FLEX discount price type options, (refer to the following FLEX Camper Discount Pricing Guidelines below). Refunds will not be granted to campers who do not apply the discounted rate.

There will be no exceptions to this policy.

To cancel your enrollment, send the completed and signed refund request form below, by certified mail to:

ARMY ATHLETICS SPORTS CAMPS/REFUNDS
639 Howard Road
West Point, New York 10996
Attn: Sports Camp Refunds

2015 Army Swim Camp Cancellation Request Form

ALL FORMS MUST BE RECEIVED IN WRITING

CAMPER NAME: _____

PARENT/GUARDIAN NAME: _____

SPORT/CAMP SESSION/DATE: _____

REASON FOR REQUEST: _____

ORIGINAL CAMP FEE PAID BY: *(CIRCLE ONE)* Credit Card Personal Check Money Order

AMOUNT PAID: _____

DATE PAID: _____

My signature below verifies I've read your refund policy and I am aware of any fees and camp payment forfeiture that I may incur due to the cancellation request above. If Army Athletics must cancel a sport camp session and camper cannot find a suitable alternative Army camp to attend, a full refund will be issued. Refunds may take up to 6 weeks to be processed. Once Army Athletics posts the refund credit to your camper account you will need to follow up with your financial institution regarding the status.

REQUESTED BY: _____

PARENT/GUARDIAN SIGNATURE: _____

DATE REQUESTED: _____

SUBMIT TO: Army Athletics Sports Camps Refunds
639 Howard Road
West Point, New York 10996

FINANCIAL MANAGEMENT USE ONLY		Date received: _____
_____ Approved	_____ Denied	
Head Coach: _____	_____	
Print Name	Signature	
_____ Approved	_____ Denied	
Camp Coordinator: _____	_____	
Print Name	Signature	
Amount to be refund: _____	Customer # _____	
Date Processed: _____	Initials: _____	



Directions to the United States Military Academy

The directions below will get you to Thayer Gate. Once you clear security, continue straight through the stop sign (four way stop) on Thayer Rd. (Hudson River on your right) for .6 miles. Thayer Rd. will become Cullum Rd. Stay on Cullum Rd. for .7 miles. Cullum Rd. will become Washington Rd. Stay on Washington Rd. for .2 miles. At the stop sign, turn left on Brewerton Rd. into the parking lot for Arvin Gym. If that parking lot is full, make that right, instead of the left on Brewerton Rd., on Ruger Rd. Continue on Ruger Rd. for 300 feet. Make the first right on Howard Rd. The first parking lot will be on your right, the second will be on your left, and the third is located on Hoard Rd. at the bottom of the hill.

FROM NEW YORK CITY:

Head north to the George Washington Bridge/I-95 South. Cross the bridge via the upper deck (no toll in this direction), and stay in the right lane as immediately at the end of the bridge you will exit right on to the Palisades Interstate Parkway.

Take the Palisades Interstate Parkway north approximately 37 miles until it ends at the Bear Mountain Bridge traffic circle—unless you want the more leisurely and scenic route, do not get on 9W until you get to the Bear Mountain Bridge traffic circle. Proceed 3/4 of the way around the circle, following signs for West Point and Route 9W North. Stay on Route 9W for approximately 3 miles, then right exit onto Route 218 North toward the Village of Highland Falls. Go straight for 2 miles, through Highland Falls, past the West Point Visitors' Center (on the right) to the Thayer Gate of West Point.

FROM SOUTH/NEW JERSEY:

Travel north on the NJ Turnpike/I-95, to exit 73 toward RT-67/Fort Lee—just before the George Washington Bridge. Stay left and take your first left at Lemoine Ave. Continue straight for ½ mile then bear right onto the Palisades Interstate Pkwy North. SEE DIRECTIONS FROM PALISADES INTERSTATE PARKWAY ABOVE.

FROM THE WEST:

Travel east on Interstate 80 through New Jersey and take exit 43 to merge onto Interstate 287 northbound toward Mahwah. After entering New York, take the exit onto the New York State Thruway South toward the Tappan Zee Bridge. Take exit 13N for the Palisades Parkway North toward Bear Mountain. SEE DIRECTIONS FROM PALISADES INTERSTATE PARKWAY above.

FROM EAST/NEW ENGLAND VIA I-95:

Travel southwest on Interstate 95 into New York. Take exit 21 to merge onto Interstate 287 W toward White Plains and the Tappan Zee Bridge. Continue on I-287 W, then take exit 13N for Palisades Parkway North toward Bear Mountain. SEE DIRECTIONS FROM PALISADES INTERSTATE PARKWAY above.

FROM NORTH/NEW ENGLAND VIA I-84:

Travel west on Interstate 84 until you cross the Newburgh-Beacon Bridge. Follow signs for Route 9W South (exit 10S). Stay on Route 9W for approximately 12 miles until you cross over a large mountain. As you are in your final descent off the mountain, you will encounter three exits on your right for West Point. Do not use the first two exits the third exit loops over 9W and leads through the business district of Highland Falls, past the Visitors Center and West Point Museum, to the Thayer Gate which is open 24 hours a day. Go straight for 2 miles, through Highland Falls, past the West Point Visitors' Center (on the right) to the Thayer Gate.



Access to the United States Military Academy

1. All visitors 16 and over must present identification to the security officers/Military Police
2. Please anticipate and plan accordingly for all luggage/bags to be inspected
3. Signs will be posted directing to all visitors to the "A Lot"

Parking and Shuttle to the Barracks and Check-in

1. All vehicles will park in the "A Lot" or designated parking areas
2. An Army Swim Camp representative will be there to greet you and direct you to the shuttles
3. Shuttles will drop you off at Grant Turnaround
4. An Army Swim Camp representative will be there to greet you and direct you to check-in

Thank you for choosing Army Swim Camps!



Check-in location: Lee and Sherman Barracks near Grant Turnaround

- Sunday, July 5, 2015 1:00pm-3:00pm
- Wednesday, July 8, 2015 1:00pm-3:00pm
- Sunday, July 12, 2015 1:00pm-3:00pm
- Wednesday, July 15, 2015 1:00pm-3:00pm

COMMUTERS MUST CHECK IN ON THE FIRST DAY OF CAMP AT REGISTRATION

Check-out location: Crandall Pool, corner of Brewerton Rd. & Washington Rd.

- Wednesday, July 8, 2015 11:00pm-12:00pm
- Saturday, July 11, 2015 11:00pm-12:00pm
- Wednesday, July 15, 2015 11:00pm-12:00pm
- Saturday, July 18, 2015 11:00pm-12:00pm

Thank you for choosing Army Swim Camps!



Rules and Regulations

1. All campers are required to comply with the Army Summer Camp guidelines and the United States Military Academy
2. Rules and expectations are established to ensure safety and property damage prevention
3. Rules and expectations are discussed during the start of each session
4. Rules and expectations are posted inside the barracks
5. Any camper found to be disruptive and unwilling to follow behavior guidelines will be sent home without a refund

Dining

- Campers will dine at the West Point Club
- First meal served will be dinner
- Campers will served breakfast, lunch, and dinner daily
- On the last day of camp, breakfast will be served
- Everyone will be well-fed

IF YOU CHOOSE TO COME WITH SNACKS, WE ASK THAT THESE SNACKS BE LIMITED IN QUANTITY AND BE HEALTHY IN NATURE. PAST EXPERIENCES HAVE SHOWN THAT CAMPERS TEND TO OVERINDULGE, RESULTING IN STOMACH-ACHES AND 'SUGAR HIGHS' THAT ARE UNPLEASANT FOR ALL. THE CAMPERS WILL HAVE THE OPPORTUNITY TO PURCHASE SNACKS FROM GRANT HALL ON A CASH ONLY BASIS.

Thank you for choosing Army Swim Camps!



Medical Information

- All summer campers will have access to Athletic Training Services. Emergency medical services will be available through Keller Army Community Hospital. All campers need to have valid health insurance (not provided by your school) in order to participate in each camp session.

NO EXCEPTIONS

Thank you for choosing Army Swim Camps!



What to Bring?

- Shorts and T-Shirts for four days of camp
- All toiletries (toothpaste, shampoo, etc.)
- Bedding (sleeping bag or sheets)
- Pillow/s
- Sneakers, there is approx. 3 miles of walking each day
- Swim bag
- Towels
- Water bottle
- Alarm clock
- Electric fan, there is no air conditioning in the barracks
- Swim suits
- Goggles
- Team Cap
- Sunscreen
- Spending money for Grant Hall and souvenirs

THIS IS NOT INTENDED TO BE ALL INCLUSIVE, BUT SHOULD GIVE YOU AN IDEA OF SOME OF THE MAIN ITEMS TO BRING WITH YOU

Lost or Left Items

- All overnight campers will be housed and supervised in dormitory rooms operated by the United States Military Academy. We ask that campers do not bring valuables. The United States Military Academy and Army Athletic Association are not responsible for lost or stolen items.