

BLUE WAVE COMPETITIVE SWIM CAMPS  
SUNY Geneseo Geneseo, New York

Application (please print)

Sign up for:	Price
<input type="checkbox"/> Fundamental Resident	425.00
<input type="checkbox"/> Fundamental Day Camp	275.00
<input type="checkbox"/> Elite Stroke Resident Camp	425.00
<input type="checkbox"/> Elite Stroke Day Camp	275.00
<b>Total:</b> _____	

Name of Participant \_\_\_\_\_

Female  Male  
Grade (as of 7/1/08) \_\_\_\_\_ Age (as of 7/1/08) \_\_\_\_\_

Program (Circle):  
USA HS YWCA YMCA CC/summer  
Number of years competitive experience \_\_\_\_\_

Referred by \_\_\_\_\_

School/Coach \_\_\_\_\_

Parent/Guardian name \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt size (adult sizes)  
S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

All campers receive a T-shirt

A deposit of \$75.00 is required with this application, and will not be refunded after June 1st. Your cancelled check will act as your receipt of enrollment in the camp. In June, you will receive further information.

Detach this form and mail with check payable to  
SUNY Geneseo Athletics

DAILY TOPICS AND SESSIONS\*  
Monday thru Friday

- Sunday: 6:00pm resident campers report
- Monday: 8:00am commuter campers report  
8:30am opening of camp  
Freestyle  
Season/Practice Planning  
Recreational activities
- Tuesday: Backstroke  
Swimming Race Preparation  
Recreational activities
- Wednesday: Breaststroke  
Dryland Training/Flexibility  
Recreational activities
- Thursday: Butterfly  
Nutrition for the athlete  
Recreational activities
- Friday: Individual stroke analysis  
Recreational activities

\*Subject to adjustment

Daily drop off time is at 8:30am

Daily pick up time is at 5:00pm



REGISTRATION

Open to individuals with competitive experience in high school, country club, YMCA, USA swimming. Register early as acceptances will be limited.

Send completed application to:

Mr. Paul Dotterweich  
Swimming and Diving Coach  
SUNY Geneseo  
218 Merritt Athletic Center  
1 College Circle  
Geneseo, NY 14454

CAMP FEES

- Resident Camper \$425.00  
(includes breakfast, lunch and dinner)
- Day Camper \$275.00  
(includes lunch daily)

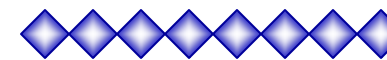
TEAM / EARLY REGISTRATION  
DISCOUNT

Any team that sends six swimmers or individual who registers prior to 4/17/2009 will qualify for a discount of \$25.00 per swimmer. All registration forms must be received together.



SUNY GENESEO'S

2009 Blue Wave  
Competitive  
Swim Camps



FUNDAMENTAL CAMP

Day Camp July 13 -- July 17, 2009  
Resident July 12 -- July 17, 2009

Open to male and female competitive swimmers entering Grades 6-9

ELITE STROKE CAMP

Day Camp July 13 -- July 17, 2009  
Resident July 12 -- July 17, 2009

Open to male and female competitive swimmers entering grades 7-12 (Minimum 3 years competitive swimming experiences or high school students.)

ALUMNI POOL

1 College Circle Geneseo, NY 14454



## FACILITY

Alumni Pool in Merritt Athletic Complex on the SUNY Geneseo campus is six lanes, 25 yards with a diving well and a movable bulkhead. The Pool is equipped with two Colorado LED pace clocks and RPJ which will be used to work on relay starts. Classroom facilities will be used for lectures and films.

**PAUL DOTTERWEICH**  
*Camp Director*



Finishing his 9th season as the Men's and Women's Swimming and Diving Coach at Geneseo, Paul Dotterweich has added to the storied tradition of the Blue Wave. Since coming to Geneseo the Blue Wave have won 9 straight men's and 6 of 9 women's State University of New York Athletic Conference Championships. The teams have combined to break 89 school and 34 conference records and have had 24 NCAA Division III National Meet participants. Coach Dotterweich has lead the teams to a combined dual meet record of 152-15 and was named the SUN-YAC Men's Coach of the Year in six of the last seven seasons and women's coach of the year the last two years. Prior to Geneseo, Dotterweich was the head coach of the Buffalo State Swimming and Diving teams for three seasons.

This summer will be the second annual Blue Wave Competitive Swimming Camp. Coach Dotterweich is committed to stroke efficiency and the Blue Wave Swim Camp will be flavored with the objectives of developing proper stroke mechanics, starts, turns and finishes in the four competitive strokes. In addition to stroke techniques; nutritional issues, weight training, dry-land training, race strategy and meet day preparation will be topics of discussion and practice.

Coach Dotterweich is strongly committed to the application of scientific methods to the art of swimming. He would like you to join him and his staff for the affordable week towards better performances.



SUNY Geneseo has an underwater video taping system. All campers will receive an underwater video tape.

### Comments from previous camper's parents

"She had a great time and can't wait until next year."

"She got a lot from this experience."

"He gained the confidence to compete in additional events, has met the qualifying times for divisions right away and keeps improving with each race!"

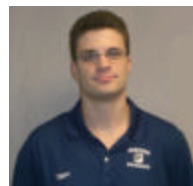
"Having her come to your camp was either going to make us realize that she wanted out of swimming or give her a boost that she needed. I am happy to report that you somehow found what was lost and we can't thank you enough. Not only is she pumped again, but she can't wait to come back next year, the year after that and so on. Thank you. Those two words seem so small considering what has happened to her."

"We know that it is because of the time you spent with him that he has turned into a dedicated athlete and team member."

### SWIM CAMP OBJECTIVES

- To increase techniques, starts, and turns of the four competitive swimming strokes.
- To develop nutritional and physiological concepts, race strategies, and flexibility programs for competitive swimmers.
- To analyze the strokes of world class swimmers in daily films in all four strokes.
- To improve swimming efficiently utilizing two daily sessions of stroke drills.
- To introduce aerobic training in morning workout of about 4,000 yards.
- To introduce dryland fitness regiments for competitive swimmers.
- To provide individual stroke analysis to each.

**ASSISTANT CAMP DIRECTOR:**  
**DAN ALLEN**



Coach Allen is finishing his fourth year as a member of the Blue Wave coaching staff. In addition he was a three year team member. In 2003 Dan participated in the NCAA Division III swimming and Diving Championship Meet. At the finish of his collegiate career he was the school record holder in the 50 freestyle and was part of the school and conference record holding 200 and 400 freestyle relays.

Allen worked the 2007 University of Texas swim camp, where he coached alongside several Olympic gold medal swimmers and United States Men's Olympic head coach Eddie Reese.