



*"Victory is what happens
when 10,000 hours of
training meet with one
moment of opportunity."*

*-Matt Biondi 3X Olympian and winner of
11 Olympic Medals*

Individuals win races,
TEAMS WIN CHAMPIONSHIPS!



Cardinal Athletics

Wheeling Jesuit University Swimming Office
316 Washington Avenue
Wheeling, WV 26003



2009
Rick West
Cardinal
Swim Camps



Date: June 22-26, 2009
June 29-July 3rd 2009

9:00am-3:00pm

Wheeling Jesuit University
Natatorium

2009 Rick West Cardinal Swim Camps



Rick West (Camp Director) is the Head Men's and Women's Swimming Coach at Wheeling Jesuit University. He has been a part of Ohio Valley swimming for over 20 years as a swimmer, coach, and meet director. While at Wheeling Jesuit, West guided the men's team to a conference championship in 2002 while winning the coach of the year honors the same season. West has also coached several national qualifiers at the club and collegiate levels.



Nikki Rose (Assistant Camp Director) is currently the Assistant Men's and Women's Swimming Coach at Wheeling Jesuit University. A former head coach at Staunton River High School, Nikki has been a successful instructor of high school, college, and age group swimmers. A collegiate swimmer at Wheeling Jesuit, Nikki was a captain of the women's team and still holds a school record as a member of the 200 Medley Relay.

General Camp Information:

1. Camp check-in on Monday is between 8:30 am and 9:00 am at the Alma Grace McDonough Center on the campus of Wheeling Jesuit University.
2. Camp will begin daily at 9:00 am at the WJU Natatorium and end at 3:00 pm.
3. Pick-up for swimmers will be between 3:30-4:00 pm at the WJU Natatorium.
4. Lunch will be included in camp costs.
5. Swimmers will have at least 3 in-water sessions per day covering stroke instruction, starts, turns, and training.
6. Dryland and strength training sessions will be covered each day.
7. There will be a classroom sessions on nutrition, training, teamwork, and sportsmanship.
8. Campers will receive a camp t-shirt and cap.

Cost:

1. The total cost of the camp will be \$165.
2. A non-refundable deposit of \$50 is due by **June 12th, 2009** to secure a spot in camp.
3. A maximum of 50 swimmers will be taken for each week of camp. Swimmers will be registered on a first come, first served basis. Swimmers may register for both weeks of camp.
1. A short list of camp rules will be distributed on the first day of camp. It is the camp director's decision to dismiss a camper if his/her behavior or actions are detrimental to the welfare of the camp. No refunds will be issued in such instances.

Recommended Equipment:

Suits, towels, extra caps, goggles, water bottle, fins, and equipment bag if necessary.

2009 Rick West Cardinal Swim Camps

Name: _____

Address: _____

City: _____ ST: _____ Zip: _____

Phone () _____

Age: _____ Grade: _____

School Currently Attending: _____

T-Shirt Size Adult XL-L-M-S/Youth L-M-S

Emergency Contact: _____

Relationship: _____

Phone () _____

Insurance Policy Carrier: _____

Group #: _____

Primary Card Holder: _____

Method of Payment

Check # _____ Payable to: **Rick West Cardinal Swim Camp**

PayPal
If paying via PayPal please list your email address where an invoice can be sent. Payment must be made prior to start of camp.

Email: _____

Cash

Signature _____

By my signature I am consenting that the above named swimmer be allowed to participate in the 2009 Rick West Swim Camp at Wheeling Jesuit University. I have read the camp brochure, understand the goals and objectives of the camp, and understand and agree to the waiver of participation listed below.

WAIVER

WAIVER: The above name(s) shall hold Rick West, Nicole Rose, Wheeling Jesuit University, their officers, employees and volunteers harmless from any and all liability, loss, expenses (including attorney fees) or claims for injury or damage arising from participation in programs and/or related activities. Each swimmer assumes the inherent risks of participation.

MAIL TO:

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