



Camp Overview

While our swim team season might have been cancelled due to COVID-19, we want to give young swimmers an opportunity to get in the water, get out some energy, and gather safely.

During our five, weeklong camps, we'll work to retrain those swim muscles and bring back stroke memory. For those newer to competitive swimming strokes, we'll focus on butterfly, backstroke, breaststroke, and freestyle, with drills, short sets, and races.

There will also be a dryland component including running, core work, stretching/yoga, and games.

This camp is intended for children who are already safe in the water, meaning they can swim alone and without the aid of a floatation device. Coaches will not have in-water contact, as we normally would with very young, new swimmers. Ideally, the camper will have been on a swim team in the past or passed swim lessons (i.e. can swim 25 yards of freestyle and backstroke). This is not designed to be swim lessons.

Holly Tree Coaches



Jana Clancey is in her sixth year coaching swimming at Holly Tree. She is the assist. swim coach at Hoggard High School and also coached at New Hanover High School. She swam at West Virginia University and Clarion U. of PA. She was an NCAA National Champion, 3-time All-American, and collegiate record holder. She grew up in Ohio, swimming middle distance freestyle, breaststroke and I.M.

John Pellizzari is new to Holly Tree this summer, but is a coaching mainstay in the Wilmington community. He's been the head coach at Ashley High School for more than a decade and has coached winning summer league teams at Echo Farms and the YMCA. He swam sprint freestyle and butterfly at SUNY New Paltz. He grew up in Poughkeepsie, NY.



Holly Tree Racquet Club 2020 Swim Camp Information



Holly Tree Racquet and Swim Club

4950 Holly Tree Road
Wilmington, NC 28409
phone: (910) 791-2746

htpiranhas@gmail.com

Camp Dates

Session 1: June 15–19 (24 max)

Session 2: June 22–26 (24 max)

Session 3: July 6–10 (24 max)

Session 4: July 13–17 (24 max)

Session 5: July 20–24 (24 max)

Arrive: 8:15 a.m. for check-in

Camp: 8:30–10:30 a.m.

Prompt arrival and pickup is expected.

Due to current social distances guidelines, please plan to drop swimmers off. Parents will not be allowed to observe on the deck.

Swimmers will not be permitted to sign up for consecutive sessions, except in the event that camp is not full as of noon the Friday before a new session begins.

Cost per session:

\$75 for pool and club members

\$125 for non-members

Swim Camp Details

The camp will be set up and split into two age groups.

Group 1: 8 and under

Group 2: 9 and up

Each group will have a max of 12 campers, with some toggling based on ability and camper load (if necessary).

What to bring

Swim suit

Running shoes and socks

Shorts and t-shirt/tank top

Two towels

Goggles and cap

Water bottle

Note: Bathrooms are limited to one person at a time. Swimmers should come wearing suits and proper dryland attire.

REGISTRATION FORM

Signups are first come, first served and must be paid in full, in person, at the time of registration.

Swimmer's Name (1)

Age and Date of Birth

Swim Experience

Swimmer's Name (2)

Age and Date of Birth

Swim Experience

Parent(s) or Guardian Name

E-Mail Address

Cell Phone

Other Phone

EMERGENCY CONTACT:

Name: _____

Phone: _____

_____ Member _____ Non-Member

Amount Due:
\$ _____

Check/Cash/CC:

Bill Member Account (acct. number):

Medical Information Please list any physical conditions of your player that coaches should be aware of (allergies, asthma, etc.)

Waiver

I, the undersigned, agree for the camper(s) named on this registration form to participate in activities associated with the Holly Tree swim program. I am aware that this activity may be physically strenuous and I state that the swimmer(s) is/are in the proper physical condition to participate. I hereby voluntarily release Holly Tree Racquet & Swim Club, its owners and the swim coaching staff from any and all liability for injuries or problems of any nature that may arise as a result of my child's participation in this activity.

In the case of accident or sickness, I consent to emergency medical care by ambulance or hospital personnel.

I also understand that I am responsible for keeping the swimmer home should they experience COVID-19 symptoms. A checklist of symptoms is displayed at the pool.

Note: We would also hope that if a swimmer becomes ill and/or tests positive for COVID-19 that coaches and club personnel be notified.

Payments & Refunds

I understand that payment to Holly Tree Racquet Club for a weeklong session is due upon signing up for camp, and that registration represents a five-day commitment, with no refunds due to sickness or absence.

Note: In the event of thunder or lightening, swimmers will be required to exit the pool.

Parent/Guardian Signature _____

Date _____

