



East Coast Synchro Camp

2015 Summer Camp Information

About the camp:

East Coast Summer Synchro Camp is designed for synchronized swimmers looking to advance their skills and technique to become more competitive. Led by Olympic gold-medalist Becky Dyroen-Lancer and a staff of certified, experienced coaches, the camp will provide swimmers with drills and instruction in figures, national team skills and routines, as well as targeted strength and flexibility training. The camp will culminate in a showcase of routines, highlighting new skills and choreography learned during the week.

The camp gives swimmers the opportunity to develop their minds, as well as their bodies, to become better athletes. Guest speakers, including Haley Scott, author and former Notre Dame swimmer and Sharon Drake Petro, Ph. D. , NCAA Division II Tennis Coach of the Year, will cover topics including nutrition for athletes, the power of visualization, and motivation.

Instructional level:

East Coast Synchro welcomes Intermediate and Age Group swimmers age 8-19. Swimmers must have a minimum of one-year of synchro experience. On the first day of camp, swimmers will be grouped by age and level so that training and instruction will be targeted and appropriate.

Facilities and Lodging:

Swimmers will stay at the dormitories at Fork Union Military Academy with two swimmers per room. Camp counselors and assistant coaches will be comprised of professional educators, college and senior high school female students and synchronized swimmers. We will have at least 1 staff member or coach for every 6 camp participants, who will supervise swimmers in the dorms, at the pool and while transitioning through activities.

Breakfast, lunch and dinner will be provided at the dorms, beginning with dinner on Sunday and ending with Breakfast on Friday. We will provide a healthy snack at the pool each day.

Sample schedule:

Mornings will include dry-land conditioning, flexibility training and a pool session, followed by lunch. The focus topics for the morning instructional sessions each day will be as follows:

Monday - Routine Transitions

Tuesday - Spins

Wednesday - Finding your Height

Thursday - Creative Hybrids

Friday - Boosts and Barracudas

Afternoons and evenings will be comprised of additional water and practice sessions including practice in preparation to perform a choreographed routine for the Friday Water Show

We will also provide special enrichment activities to foster a fun, team environment for all participants! Activities may include yoga, movie night, talent show, or ballroom dance instruction for example.



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Guest Speakers & Topics:

“Inspiration, Motivation, and Overcoming Odds” - Haley Scott –Author of "What Though the Odds," an inspirational journey of her recovery to return to swim for Notre Dame following a paralyzing bus accident.

“The Power of Visualization: Developing a Champion Mindset” - Sharon Drake Petro, Ph.D. - NCAA Div. II Intercollegiate Tennis Coach of the Year and Founder of Peak Performance

“Importance of Diet and Nutrition for Athletes” – Meredith Simpson, Assistant Coach of William and Mary

Coaches:

Becky Dyroen-Lancer:

Becky Dyroen-Lancer is recognized as one of the greatest American synchronized swimmers and to many the greatest synchronized swimmer in the world between 1991-1996, during which she won 2 gold medals (solo, duet) at the 1991 Pan American Games, 3 gold medals (solo, duet, team) at the 1995 World Aquatics Championships in Rome, 1 gold medal (solo) at the 1995 Pan American Games, and the gold medal with the 1996 US Olympic team in Atlanta. Her numerous honors include 3-time USSS Athlete of the Year 1993-1995, FINA prize recipient in 1995 (highest award given to members of the aquatics community), and induction into the International Swimming Hall of Fame in 2004. Becky recently retired as the head coach of the Synchro Gainesville Gaviatas and now devotes her coaching to Age Group and collegiate clinics.

Anne Schulte

Anne founded and directs Carolina Synchro in Huntersville, NC. Additional coaching experience includes the Lake Norman YMCA, the Swiss Junior National Team, and figure coach for the Ohio State University. As a swimmer, she competed with the Ohio State University varsity team for 4 years and the US National Team II for 3 years, earning 5 International and 11 National medals. Anne graduated *cum laude* from the Ohio State University and has an MBA from Georgetown University. After pursuing a career in consulting, she is focusing on raising her two daughters and building a synchronized swimming program in North Carolina. She also serves on the Marketing Committee and Coaches’ Board for USA Synchro.

Samantha Elhart

Samantha is the founder and head coach of Charlottesville Swans Synchro. As a swimmer she competed for 4 years with the University of Richmond varsity team, qualifying for Collegiate Nationals and making finals for team and trio. Samantha owns a Masters Degree in Elementary Education and is a certified Reading Specialist with over 10 years of elementary teaching experience.

Courtney Sullivan Ranson

Courtney is the lead choreographer and co-head coach for Charlottesville Swans Synchro. As a swimmer she competed for 4 years with the University of Richmond varsity team, qualifying for Collegiate Nationals and making finals for team, trio, duet, and solo. Courtney has a Ph. D. and is a licensed physical therapist.

Meredith Simpson

Meredith is the assistant synchronized swimming coach at the College of William & Mary. As a swimmer she competed for 4 years at the University of Richmond varsity team finishing as high as 3rd overall at Collegiate Nationals. Meredith has a Ph. D. in Exercise Physiology.



East Coast Synchro Camp 2015 Summer Camp Information

Dates: July 19 – July 24, 2014

Location: Fork Union Military Academy

4744 James Madison Hwy.
Fork Union, VA 23055

Cost: \$595 (\$525 if registration and payment submitted prior to May 15, 2015)

Cost Includes:

- Synchronized swimming training? and activities
- Lodging (*linens and bedding not included*)
- Breakfast, lunch, and dinner each day
- T-shirt
- Enrichment activities and guest speakers

Daily Schedule:

Sunday, July 19

1:00 – 4:00 PM – Check-In

4:00 PM – Swimmer evaluations

Monday – Thursday, July 20 – 23

Daily camp schedule: Breakfast, morning instructional session, lunch, afternoon practice, dinner, guest speaker / enrichment activities, free time

Friday, July 24

Breakfast, morning instructional session

10:00 AM – Water Show!

12:00 PM – Official camp end.

For more information contact Samantha Elhart at samanthaelhart@yahoo.com.