

## HALL SWIM CAMP DAILY SCHEDULE

<u>HOURS</u>	<u>ACTIVITY</u>
9:30AM	DAY CAMPERS ARRIVAL
9:30-10:00AM	STRETCH
10:00-12:00PM	SESSION I SWIM
12:30-1:30PM	LUNCH
1:30-2:30PM	CLASS/VIDEO DISCUSSION
2:30-3:45PM	SESSION II SWIM
3:45-4:00PM	DEPARTURE

SCHEDULE SUBJECT TO CHANGE.  
ALL ACTIVITIES WILL BE HELD ON THE  
CAMPUS OF SETON HALL  
UNIVERSITY.

FOR ADDITIONAL BROCHURES PLEASE  
CALL OR E-MAIL  
RON FARINA @ 973-761-9594 OR  
FARINAROSHU.EDU

## HALL SWIM CAMP AT SETON HALL UNIVERSITY



SESSION I  
JUNE 22- JUNE 26  
2009 DAY CAMP

SESSION II  
JUNE 29-JULY 3  
2009 DAY CAMP

SESSION III  
JULY 6-JULY 10  
2009 DAY CAMP

SESSION IV  
JULY 13-JULY 17  
2009 DAY CAMP

RON FARINA  
Seton Hall University  
Head Swim Coach-Director  
400 South Orange Ave.  
South Orange, NJ 07079



The Hall Swim is designed to provide the finest coaching and instruction the East Coast has to offer. Each individual will be exposed to every aspect of competitive swimming, ranging from basic fundamentals and techniques through elite level training, nutrition and dryland strength training. Each day will consist of a video/ classroom instruction, 2 in-water conditioning sessions and time trial race sessions.

### FACILITY

All training sessions will take place in the Imperatore Natatorium on the campus of Seton Hall University. The facility includes 8 lane, 25 yard pool, as well as a full weight training facility, indoor track and field house for aerobic training and a full line of dryland training equipment. The center also includes a state of the art training room which will be staffed by certified trainers throughout the duration of the camp to assist in any athletic related injuries or first-aid.

### STAFF

The Hall Swim Camp is under the direction of Ron Farina. Coach Farina is currently the head Swimming Coach at Seton Hall University. Assistant coach Kevin Mullaney will act as the assistant Camp director. The remainder of the staff will be made up of current and former members of the Seton Hall University Swim Team.



### DAY CAMP

In order to assure a low “coach-to-swimmer” ratio, the swim camp will be limited to 30 swimmers per session on a first-come-first-serve basis. All sessions will begin at 9:30am and conclude at 4:00pm. The Friday session will conclude at 12:00pm with a camp swim meet for all campers.

### EQUIPMENT

All Campers should bring all personal swimming gear, suits, goggles, caps and towels. All campers will receive an official camp T-shirt and cap. Extra equipment will be on sale in the camp store for purchase.

### INSURANCE

Hall swim camp provides secondary accidental medical insurance for all campers.

### ELIGIBILITY

### FEE SCHEDULE

<b>SESSION I</b>	<b>JUNE 22-JUNE 26</b>	
<b>DAY CAMP</b>	<b>M-F</b>	<b>\$400.00</b>
<b>SESSION II</b>	<b>JUNE 29-JULY 3</b>	
<b>DAY CAMP</b>	<b>M-F</b>	<b>\$400.00</b>
<b>SESSION III</b>	<b>JULY 6 – JULY 10</b>	
<b>DAY CAMP</b>	<b>M-F</b>	<b>\$400.00</b>
<b>SESSION IV</b>	<b>JULY 13-JULY 17</b>	
<b>DAY CAMP</b>	<b>M-F</b>	<b>\$400.00</b>

- In addition to camp dues there will be a \$30.00 camp escrow fee. This will allow each camper to purchase items in the camp store. The balance will be refunded.
- In order to reserve your spot for the camp please fill out the attached application and return it with a non-refundable deposit of \$100. Spaces will be reserved on a first-come-first-serve basis.
- A complete checklist and registration information will be sent upon receipt of your application. If you have any further questions please call the camp office @ 973-761-9594

**SESSION I**  
**JUNE 22– JUNE 26, 2009**  
**\$400.00**

**SESSION II**  
**JUNE 29– JULY 3, 2009**  
**\$400.00**

**SESSION III**  
**JULY 6– JULY 10, 2009**  
**\$400.00**

**SESSION IV**  
**JULY 13– JULY 17, 2009**  
**\$400.00**

E-mail- \_\_\_\_\_

Age at Camp \_\_\_\_\_ DOB \_\_\_\_\_

Work phone \_\_\_\_\_

Name: \_\_\_\_\_

Application with \$100.00 Deposit made payable to “Hall Aquatic swim Camp” should be submitted and inquiries directed to:

Ron Farina, Director, Hall Swim Camp  
400 So. Orange Ave.  
South Orange, NJ 07079  
973-761-9594

