

# WOODBERRY FOREST SCHOOL

## Competitive Swim Camp

JULY 9-12, 2021 FOR BOYS 9-13

### About Woodberry

Woodberry Forest School is one of the nation's leading college preparatory schools for boys in grades nine through twelve. The school is located in central Virginia, an easy drive from Richmond, Charlottesville, and Washington, DC. For more information about the school, please visit [woodberry.org](http://woodberry.org).

### Camp Philosophy

At Woodberry Forest Competitive Swim Camp, our experienced and committed coaching staff will work closely with boys to teach them to be better teammates through the sport of swimming. This entails a focus on improving their technique, power, and speed in the water; developing their understanding and practice of key team values such as accountability, sacrifice, and rallying; and cultivating their self-awareness and skills as leaders on their teams at home.

### Camp Format

In the pool » There will be two training sessions each day. The morning session will include a strong emphasis on technique, and the afternoon will be an aerobic workout.

Out of the pool » Campers will participate in daily activities aimed to better themselves as good teammates and strong leaders.

### Camp Highlights

- » Indoor and outdoor pools
- » Individualized instruction
- » Swimmers will take home multi-angle underwater footage of their swimming
- » Air-conditioned dorms
- » Experienced coaching staff

### Equipment

Campers must bring their own goggles, training suits, fins, towels, shirts, shorts, and shoes. Training equipment, swim caps, and other one-of-a-kind "merch" will be provided!

### Check In/Pick Up

Check In is between 9 and 10 a.m. on Friday morning. Campers should be picked up by 11:30 a.m. on Monday.

### Coaching Staff

The coaching staff includes Coaches Greg Guldin and Kristyn Wilson, who collectively have seventeen years of coaching experience at Woodberry Forest School. Both have coached numerous NISCA All-Americans, VISAA All-State swimmers, US Open, Junior National, and TYR Pro Swim Series qualifiers. They've also helped swimmers earn placements in NCAA Division I, II, and III programs across the country. Coaches Guldin and Wilson will be joined by several graduates of the Woodberry swim team from the past decade, all of whom are tied together through their commitment to be the best teammates possible.

### Camp Costs and Additional Information

\$650 dollars for the four day, three night camp. The cost includes the use of school facilities, dormitories, and food.

#### Multi Camp and Camper Discount

- » \$20 discount for each additional camper.
- » \$20 discount per camp if your son attends swim camp as well as football or basketball camp.

### Contact Us

To learn more, visit [woodberry.org/camps](http://woodberry.org/camps); call 540-672-6044; or email [wfs.camp@woodberry.org](mailto:wfs.camp@woodberry.org).

