

Tim Flannery  
Golden Bear Swim Camp  
Kutztown University  
Kutztown, PA 19530



# 2010 Golden Bear Swim Camp



**June 20-25**

**Tim Flannery, KU Head Swim Coach  
Cindy Zack, KU Assistant Swim**

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About the GOLDEN BEAR SWIM CAMP

The Golden Bear Swim Camp focuses on developing proper technique of the four competitive strokes, starts, and turns. Campers are also instructed in training techniques, strength and dry-land training, race strategy, mental preparation, and nutrition.

The coaching staff is made up primarily of college coaches, and the counselors are local coaches and college swimmers. Each staff member is dedicated to providing each participant with an excellent camp experience.

There are two pool sessions per day, concentrating on stroke drills in the morning session, and incorporating those drills and improved technique into an aerobic workout in the afternoon. There is also an optional morning workout for campers to maintain a higher level of conditioning while at camp. Each camper will be videotaped and have their tape reviewed by a camp coach. Campers keep their video and notes to assist further improvement. Campers will also get to put what they have learned to use at the *Golden Bear Swim Camp Championships*.

In order to provide a great camp experience, we limit the number of swimmers in the camp so that we can achieve an **8 to 1 swimmer to coach ratio**. This will ensure that each swimmer is given the best instruction possible.

**The Golden Bear Swim Camps are designed for swimmers who train and compete on the competitive level, ages 9 and up. These are NOT learn to swim camps.**

## FACILITIES

The newly renovated Keystone Hall Natatorium is a six-lane, 25-yard pool with a separate 14-yard well. Lectures and video reviews will be held in classrooms in Keystone Hall, while dry-land conditioning will be held on the adjoining fields. Overnight accommodations will be in one of the University residence halls staffed by camp counselors, coaches and University staff. There will be supervision 24 hours a day. The South Dining Hall will provide three nutritious, all-you-can-eat meals each day.

Keystone Hall Natatorium



## CAMP FEATURES

- ◆ Detailed instruction & stroke drills from college swim coaches
- ◆ Video Taping of all strokes, starts, and turns
- ◆ Stroke Analysis
- ◆ Training Time
- ◆ Dry-land Training
- ◆ Camp t-shirt
- ◆ Optional AM workout
- ◆ Golden Bear Swim Meet
- ◆ KU facilities for free time
- ◆ Nightly activities

## Recommended Equipment

2-4 swim suits	Caps & goggles
Sweats	Water bottle(s)
Towels	Combination lock
Running sneakers	Shorts & T-shirts
Spending money	Fan*
Alarm Clock*	Bed Linens*

\*for resident (overnight) campers

\*\* Please let the camp director know if you have any special accommodations that need to be met in order to attend this camp.

# GOLDEN BEAR SWIM CAMP COACHING STAFF

## TIM FLANNERY Kutztown University Head Swim Coach Camp Director



Tim Flannery became the head swimming coach at Kutztown University prior to the 1996-97 season. He will enter his 14th season as head women's swimming coach in 2009-10. In 2008-09, Flannery's women's team was 11-3 in dual meets, setting a program record for wins in a season. The Golden Bears placed seventh at the PSAC Championships, advanced one swimmer to the national Championships, earned one All-America honor and placed 21st at the NCAA Division II championship meet. Flannery has compiled an 85-74 dual-meet record with his women's swimmers. Over his first 13 seasons at Kutztown, Flannery's swimmers have set school records 137 times, earned 24 All-America honors, 19 All-America honorable mentions, two individual NCAA Championships and 10 PSAC individual and relay titles. The women's swimming team has been honored by the College Swimming Coaches Association as an All-Academic Team from 1999-2009. Also, 41 swimmers have been named PSAC Scholar-Athletes under Flannery. The Golden Bears had at least one All-American in each of Flannery's first six seasons, including hall of famer Liz Thoryk, the only athlete at Kutztown, in any sport, to earn All-American honors in each of her four seasons of competition. The women's team finished in the top 10 at NAAs in 1997 (eighth) and 1998 (10th). They have also had NCAA finishes of 24th in 1999, 27th in 2000, 26th in 2007 and 21st in 2009. The men's team finished in the top 20 at NAAs in 1998 (15th) and 2002 (20th), and have recorded finishes of 25th in 2001, 29th in 2003 and 24th in 2004. Prior to KU, Flannery was head coach at the U.S. Merchant Marine Academy from 1993-96. During his tenure, his teams amassed a 40-28 overall record. He guided the men's squad to second-place finishes at Metropolitan Conference Championships in 1995 and 1996. The women's team finished fourth in 1995 and third in 1996. He was named 1996 Metropolitan Swim Conference Men's Coach of the Year. Flannery was assistant men's coach at the U.S. Naval Academy from 1989-1993. He coached the stroke group to six academy records and was the recruiting coordinator. He also served as a commissioned officer in the Naval Reserve achieving the rank of Lieutenant. In addition, Flannery was assistant men's coach at Springfield College from 1987-89 and head coach at the Manchester (NH) Swim Club in 1986-87. A 1986 graduate of Springfield College, Flannery holds a B.S. degree in health fitness. While a swimmer at Springfield, Flannery was a seven-time NCAA Division II All-American. He also received a MEd. in athletic administration from Springfield. He is a member of the College Swimming Coaches Association and American Swimming Coaches Association (Level 4 certified). Flannery is the proud father of five children: Megan, 17, Molly, 16, Kyle, 14, Abby, 10, and Amy, 7.

## CINDY ZACK Kutztown University Assistant Swim Coach



Cindy Zack is returning to Kutztown to serve as assistant swim coach. Zack spent four years (2002-06) as the KU assistant coach before moving on to Rutgers University to serve in the same capacity. Among some of Zack's responsibilities will be working with athletes on stroke technique and training, recruiting, and working with athletes to set and obtain goals. During her first stint at Kutztown, she worked primarily with the stroke and IM groups. At Rutgers, Zack worked with the freestyle and backstroke groups and served as women's recruiting coordinator. She coached five women who swam at the NCAA Division I National Championships. Prior to KU, Zack spent three years as Assistant Swim Coach at Montclair State University while obtaining her Masters degree in Physical Education/ Coaching and Sports Administration. Zack also graduated from Montclair State University with a Bachelors degree in Mathematics and Computer Science. A four-year member of the varsity swim team, and captain her senior year, Zack was an All-Conference (NJAC) selection in the 100- and 200-yard butterfly, winning the Metropolitan Conference title in the 200 butterfly her sophomore year. She was also named the New Jersey Association of Intercollegiate Athletics for Women (NJAIW) Woman of the Year in 2000. She received the William Dioguardi Award for her contributions to Montclair State and the sport of swimming. Currently, Zack teaches high school math at Oley Valley High School.

## BRIAN MCLAUGHLIN Montclair State University



Brian McLaughlin has spent the last 19 years as Head Swim Coach at Montclair State University in New Jersey. McLaughlin revived a program whose women's team was winless the year prior to his arrival. He turned the program around and in his first four years, he led Montclair State to 44 combined victories. In 1996, McLaughlin guided the women's team to its first-ever Metropolitan Conference Swimming championship. The women's team repeated as champions the following season while six members of his squad were named to the All-Conference Team. McLaughlin was honored as Metropolitan Conference Swimming Coach of the Year in 1993 and 1996. A graduate of Central Connecticut in 1981, McLaughlin spent four years as a member of the Blue Devil swim team, earning captain honors in both his junior and senior seasons. Following graduation, McLaughlin moved on to Springfield College where he earned his master's degree. Since then, he has served as assistant coach at Lafayette College and then assistant women's coach at the U.S. Naval Academy. This is McLaughlin's 10th year with the Golden Bear Swim Camp. McLaughlin resides in Caldwell, NJ with his wife Andrea and their children Brianna and Andrew.

## DAILY SCHEDULE

6:30-8:00am	Morning Workout (optional)
8:15-8:45am	Breakfast
9:00-11:30am	Stroke Session
11:45am-12:30pm	Lunch
12:30-1:00pm	Free Time
1:15-1:45pm	Videotape Review
1:45-2:15pm	Specialty sessions
2:15-3:00pm	Dry-land Conditioning
3:00-5:00pm	Workout
5:30pm	Dinner
7:00pm	Camp Activity
10:00pm	Lights Out



## CAMP REGISTRATIONS

Residential campers will register on:  
Sunday, June 21, 2010 from 12-1:30pm

Commuter campers will register on:  
Sunday, June 20, 2010 from 1:30-2pm

Camp Orientation for both sessions will begin at 2:15pm



## CAMPER PICKUP

The Golden Bear Swim Camp Championships will be held on the final morning of camp. Parents are welcome to attend and cheer on the swimmers. The meet will end at approximately 11:30 am at which time campers will check out of their rooms and leave with their parents.

## 2010 GOLDEN BEAR SWIM CAMP REGISTRATION FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Home Phone (\_\_\_\_) \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
E.C. Phone (\_\_\_\_) \_\_\_\_\_  
School \_\_\_\_\_  
School Address \_\_\_\_\_  
Grade as of July, 2010 \_\_\_\_\_  
Age \_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Male / Female  
T-shirt Size (Adult): S M L XL  
Roommate Request \_\_\_\_\_  
How did you learn about the camp? \_\_\_\_\_

### Check Desired Session:

#### June 20-25

- Resident \$450  
 Commuter 9am-5pm \$310

Credit Card Payment:

[www.kutztownusportscamps.com](http://www.kutztownusportscamps.com)

### PLEASE MAKE CHECKS PAYABLE TO:

Kutztown University Swimming

### Mail registration form and deposit to:

Tim Flannery—Head Swim Coach  
Kutztown University  
GB Swim Camp  
Kutztown, PA 19530

A \$50 non-refundable deposit is required to reserve your spot in the Golden Bear Swim Camp. If circumstances or injury make it impossible for attendance at our 2010 camps after receipt of deposit, we will apply deposit in full to your 2010 camp tuition. A health history/medical treatment permission form and an informed consent release form will be mailed to you upon receipt of application and is required by the first day of camp.