



**27th Annual York Senior Retreat
April 23-25,2010**

- Where:** Camp Arrowhead, Lewes Delaware
- Cost:** \$110.00/ swimmer
(cost includes bus transportation, food, lodging, and 2010 T-shirt)
- Departure & Return Info:** We will leave from OAK MARR REC CENTER parking lot on a April 23rd, at 12 noon. We will return to Oak Marr on Sunday at approximately 5:30pm. We will travel on a Greyhound Bus.
- Lodging:** We will be staying in 4 cabins (2 with full kitchens) plus have use of large cabin for our meeting place. The meeting cabin has a fireplace and TV/VCR for team meetings.
- Special Interest:** The camp is located on the bay side of Lewes, the location of the camp offers us activities like canoeing and a beach for our campfire night. We will be going to the Boardwalk for dinner on Friday evening when we arrive.
- What to Bring:**
- *BRING A TOWEL
 - *Sleeping Bag (to lay on your bed) and a pillow.
 - *A watch to be on time for team talks and activities
 - *Sweatshirt/pants, warm jacket/rain jacket (it may be chilly)
 - *Soft Duffle Bags ONLY (no hard suitcases).
 - *Dinner Money for Friday Night ONLY (pizza on the boardwalk)
 - *Small Flashlight if you have one.
- Payment:** Checks payable to “YORK SWIM CLUB”
- Mail to:** York Swim Club
4302 Warner Lane
Chantilly, VA 20151
- Deadline:** **Payment must be postmarked by Saturday April 10th
(We can only take 60 swimmers, so it's first come-first served)
You will be contacted only if you have been put on a waiting list.
- Refund:** Camp Arrowhead is requiring an early confirmation, so there are
NO REFUNDS



**IMPORTANT!!
YOU MUST MAIL THIS FORM IN WITH A CHECK
OR YOU CAN NOT TRAVEL ON THE BUS**

PERMISSION SLIP

I give my permission for my child _____ to

Attend the YORK SENIOR RETREAT in Lewes Delaware at Camp Arrowhead on April 23-25 2010. I understand that the team will be traveling by bus and understand and agree there the trip leaders/ coaches/ chaperones do not assume responsibility or liability for any injury my child may sustain.

I hereby authorize a hospital or qualified physician to provide medical treatment deemed necessary for the well being of my child. I have read the responsibility statement and have discussed it with my child. I am knowingly executing this agreement and I do permit my child to attend this Senior Retreat with York Swim Club.

Parents Name _____
PLEASE PRINT NAME

Swimmers Name _____
PLEASE PRINT NAME

Home phone(_____)_____-_____- cell phone(_____)_____-_____

Emergency Contact Name _____ phone(_____)_____-_____

Medical Insurance Company _____ Group ID# _____

Insurance Members Name _____ subscriber # _____

THIS DOCUMENT MUST BE KEPT IN THE POSSESSION OF THE LEADER OR COACH IN CHARGE UNLESS REQUESTED BY Medical, police, or other authorities.



History of York's Senior Retreat

The Senior Retreat is an annual event that York Swim /club has been done for 13 and over swimmers for the past 27 years. The annual event has become a right of passage for our Age Group swimmers when they turn 13 years old. We guarantee it will be the highlight of the year for your swimmer, as it has been for all our 13+ swimmers and coaching staff.

The Retreat began 27 years ago with our 25 swimmers, 3 coaches and 2 chaperones. We rented a large beach house in Bethany Beach, Delaware for a weekend with the dual purpose of bonding as a team and offering thought provoking discussions with the swimmers in a camp-like setting. The swimmers were divided into groups, with the coaches leading the discussions. The topics over the many years have included: Teenage depression, Peer Pressure, Drugs & Alcohol Abuse, Repercussions, of Drinking & Driving, Teamwork, AIDS, and "If I Had One Wish". There are many other topics covering issues that are relevant in today's ever changing world. We have tried to give the swimmers the forum to express themselves in a supervised adult environment without ridicule.

The weekend also involved fun team event throughout the weekend such as volleyball, a team movie, free time on the beach /boardwalk, and coaches' vs. senior basketball game. Over the years the Retreat has evolved as our club and coaching staff have grown. Our Retreat Agenda now includes a Saturday night team dance, graduating senior farewells. And "Animal Sounds (you have to hear and see it to believe it!!) We gave added competitions with coaches and swimmers splitting into groups, competing in activities like Tug-of War and the famous Egg Toss. Every year the activities' vary according to time weather and new ideas, making the weekend exciting!

Even though our "senior retreat" has grown and evolved over the past 25 years, it still remains true to its main purpose: "To bring York Seniors from all practice groups together with our coaching staff, for weekend of companionship, enriched by frank discussions about topics that teens want and need to know".

We look forward to 2010, to a Senior Retreat that has now evolved into an annual event with 75-100 swimmers and 20 coaches/chaperones. We have moved the retreat from it's humble beginning in Bethany beach to Camp Arrowhead, just outside of Rehoboth Beach Bay,. This is our Senior Retreat, and annual event exclusive to York Swim Club. We hope your swimmer can join us for an event to remember.