

# EAGLE AQUATICS

## Summer Performance Camp Series

### 2026

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*Refine technique. Build efficiency. Elevate performance.*

Miami Shores Aquatic Center  
Led by Olympian Adam Madarassy  
[camps.eagleaquaticsfl.com](http://camps.eagleaquaticsfl.com)



## OVERVIEW

Welcome to the Eagle Summer Performance Camp Series. This series includes two types of camps designed to match swimmers at different levels and goals:

- Performance Camps (Weeks 1 & 2) – For competitive swimmers ready to be challenged and improve performance.
- Development Camp (Week 3) – For swimmers building technique, confidence, and fundamentals in a more supportive and fun environment.

These camps provide a professional training experience focused on:

- Technique development
- Efficiency in the water
- Endurance and race pace
- Confidence and skill progression

## CAMP PHILOSOPHY

At Eagle Aquatics, we believe:

- Swimmers improve when they are challenged appropriately for their level
- Technique and efficiency are the foundation of performance
- Confidence comes from preparation and repetition
- Small group coaching creates the best learning environment

## CAMP STRUCTURE

### Performance Camps (Weeks 1 & 2)

These camps are designed for competitive swimmers who are ready to improve performance. Swimmers will focus on:

- Technique refinement
- Endurance development
- Race pace training
- Race skills and execution

### Each swimmer will receive force plate testing including:

- Jump Height (cm) – Measures explosiveness, important for starts and turns
- Force Production (N) – Indicates how much force the athlete can generate
- Left–Right Balance (%) – Compares leg contribution to reduce injury risk and ensure balanced development
- Explosive Speed (N/s) – Measures how quickly force is produced, key for powerful movements

### Each swimmer will also receive:

- Video recording of 1 primary stroke
- In-person video review with a coach
- 2–3 key technique corrections
- Drill recommendations

### **Week 1 – Elite Performance Camp (June 8–12)**

- Requirement: USA Swimming "A" time standard
- Advanced technique refinement
- High-level endurance and race pace work
- 24 spots available

### **Week 2 – Competitive Performance Camp (June 15–19)**

- Requirement: Knowledge of all 4 strokes
- Technique and efficiency development
- Building endurance and race skills
- 30 spots available

### **Development Camp (Week 3 – June 22–26)**

- Requirement: Ability to complete 25 yards without stopping
- Stroke fundamentals and technique
- Water confidence and coordination
- Introduction to structured swim training
- Fun, supportive, and engaging environment
- 30 spots available

Note: This is NOT a high-pressure performance camp. It is designed to help swimmers learn, improve, and enjoy swimming.

## **DAILY SCHEDULE**

**8:00 AM:** Dryland training

**9:00–11:00 AM:** Swimming (Week 3 session ends at 10:30 AM)

**11:15 AM–1:15 PM:** Lunch + quiet indoor time

**1:15–1:30 PM:** Educational talk

**2:00–4:00 PM:** Swimming

**4:00–5:00 PM:** Optional add-on session

Nutritious lunch and pre/post-workout snacks are provided daily.

## **DROP-OFF & PICK-UP**

- Drop-off: No earlier than 15 minutes before the start of camp (7:45 AM)
- Pick-up: Within 10 minutes of the end of the camp day (by 5:10 PM on add-on days, 4:10 PM otherwise)
- Location: Miami Shores Aquatic Center – drop-off at the front entrance roundabout
- Parking is available – park and walk in through the main entrance
- **Do not park in the roundabout – it is a designated drop-off/pick-up area only and must remain clear as a fire lane**

Please ensure timely pick-up out of respect for coaching staff. If you anticipate a delay, contact Adam directly.

## **NUTRITION**

We provide quality, athlete-focused meals every day designed to support performance and recovery. Includes:

- Nutritious lunch daily
- Post-practice recovery snack
- Pre-practice snack

Parents must indicate any dietary restrictions or allergies during registration.

## **QUIET TIME / MIDDAY BREAK**

Quiet time takes place indoors at the Community Center, located approximately a 15-minute walk from the pool. Swimmers will walk as a group with coaches (Miami Shores bus may be used when available).

Swimmers may bring:

- Yoga mat or towel
- Pillow
- Book, cards, or games
- Headphones / devices

## **OPTIONAL ADD-ON PROGRAMS**

### **Performance Plus Package – +\$175 (Weeks 1 & 2)**

For swimmers who want to maximize their camp experience. Includes:

- Additional 4:15–5:00 PM dryland training session
- Advanced video analysis of 2 strokes (slow-motion, annotated/voiceover feedback)
- Personalized technique corrections and specific drill recommendations
- Comprehensive force plate testing: jump testing, single-leg strength, stability, shoulder screening
- Clear results with personalized recommendations

### **Skill Plus Package – +\$100 (Week 3)**

Includes:

- Additional 4:15–5:00 PM dryland session
- Extra technique instruction
- Coordination and confidence development

# PRICING & REGISTRATION

## Registration Phases

### Priority Registration (Eagle Aquatics Members Only)

- Open April 10 – April 18, 2026 (Eagle Aquatics members only)
- Lowest pricing tier — register before April 18 to lock in your rate

### Early Registration (Public)

- Open April 19 – April 30, 2026 (all swimmers)
- Discounted pricing — register before April 30 to save

### Standard Registration

- Opens May 1, 2026 — regular pricing applies
- Registration closes June 1 (Week 1), June 8 (Week 2), or June 15 (Week 3) — or when full

## Camp Pricing

Camp	Priority (Eagle Members)	Early (Public)	Standard (Regular)
Week 1 – Elite Performance	\$795	\$825	\$900
Week 2 – Competitive Performance	\$695	\$725	\$800
Week 3 – Stroke Development	\$525	\$550	\$600

## Multi-Week Discount

Swimmers attending multiple weeks receive \$50 off each additional week.

### Important:

At the time of checkout, a customer's cart must include all eligible registrations to receive the discount. There is no retroactive discount for prior registrations.

## How to Register

Register online at: [eagleaquatics.captyn.com](https://eagleaquatics.captyn.com)

More information at: [camps.eagleaquaticsfl.com](https://camps.eagleaquaticsfl.com)

Priority registration is open now (April 10). A \$150 non-refundable registration fee is due at sign-up to secure your spot. Flexible payment plans are available. Spots are limited and first come, first served. Add-on packages are due in full at registration.

## PAYMENT & REFUND POLICY

### Payment Plan

Flexible payment plans are available for all registration tiers and all three weeks. Add-on packages must be paid in full at the time of registration.

- **At registration:** \$150 non-refundable registration fee (counts toward your total balance)
- **4 weeks before camp start:** 50% of total camp fee minus the \$150 already paid (Week 1: May 11 • Week 2: May 18 • Week 3: May 25)
- **2 weeks before camp start:** Remaining 50% of total camp fee (Week 1: May 25 • Week 2: June 1 • Week 3: June 8)

*Example: Early registration for Week 1 (\$825) — \$150 at registration, \$262.50 due May 11, \$412.50 due May 25.*

### Refund Policy

- All refunds are subject to a \$150 administrative fee
- Full refund (minus \$150 fee) if canceled 21+ days before the start of camp
- 50% refund (minus \$150 fee) if canceled 14–20 days before the start of camp
- No refund within 14 days of the start of camp

## COACHING STAFF

### Head Coach: Adam Madarassy

Adam Madarassy is an Olympian and the lead coach of the Eagle Summer Performance Camp Series. His experience at the highest levels of competitive swimming informs every aspect of the camp's training methodology.

The full coaching team includes:

- **Adam Madarassy** – Head Coach, Olympian
- **Antonio Pineiro** – South Florida Stallions Swim Coach
- **Carlos Van Isschot** – Gulliver Swim Coach
- **Peter Raffai** – Eagle Aquatics Strength & Conditioning Coach, Nutritionist
- **Angelica Andara** – Eagle Aquatics Coach
- **Gio Musiello** – Rice University Swimmer

Our 6-person coaching team brings expertise across competitive swimming, strength & conditioning, and athlete nutrition — ensuring every swimmer is coached, supported, and challenged at every level.

## WHAT TO BRING

- Swimsuit (2 recommended)
- Goggles (2 pairs)
- Towel
- Water bottle
- Sunscreen
- Dryland clothing & sneakers
- Camp shirt and swim cap (provided — included with registration)
- Optional: yoga mat, pillow, book, cards/games, headphones for quiet time

## SAFETY & MEDICAL

- All coaches are trained and certified
- Medical conditions must be disclosed during registration
- Emergency contact information is required
- Video stroke analysis is performed as part of the Performance Camps — by registering, participants consent to video recording for coaching purposes
- Weather policy: Miami Shores Aquatic Center is equipped with a lightning detection system. When the alarm sounds, all swimmers must exit the pool and clear the pool deck immediately, moving to a covered area. Camp will continue with educational talks or dryland exercises until it is safe to return to the water — no session time is lost

## COMMUNICATION

Communication will be handled as follows:

- Email: General updates, schedules, and important information
- Text messages: Time-sensitive updates or urgent communication

### Contact

**Coach:** Adam Madarassy

**Email:** [adammarassy@yahoo.com](mailto:adammarassy@yahoo.com)

## EXPECTATIONS

Swimmers are expected to:

- Arrive on time
- Bring proper equipment
- Stay engaged and focused
- Respect coaches and teammates

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