

# TNYA

## LGBTQ+ Swim Camp 2025

### WHEN:

Sunday, April 6, 2025 to Saturday, April 12, 2025

### WHERE:

**San Juan, Puerto Rico!** All workouts will be at the Encantada Sports Center (Rio Park, Trujillo Alto, PR 00976). The official camp hotel is the Embassy Suites in San Juan (8000 José M. Tartak Ave, Carolina, San Juan 00979)



### WHAT:

LGBTQ+ Swim Camp is an opportunity to spend a week developing your swimming skills and endurance in a fun, welcoming, and social setting with a bunch of LGBTQ+ swimmers and allies in Puerto Rico. **You can [register now!](#)**

Swim Camp starts on a Sunday, April 6th with a 2-hour “warm-up” and calibration workout from 3pm to 5pm. Over the next six days, we hold two, 2-hour short course workouts per day, one from 8am to 10am and another from 3pm to 5pm, led by our team of four experienced coaches. The pool is a short-course 25 meter pool. The morning workouts are aerobic; the afternoon workouts are divided between a specific clinic (one for each of the four strokes, plus starts/turns) and a themed workout for those who would prefer to just do another swim. Afternoon training will be preceded by dry land exercises.

Campers will get Wednesday afternoon off to relax or enjoy various tours of San Juan or nearby national parks (more details to come!). Dinner will be provided each day other than Wednesday and Friday. And there will be plenty of informal social occasions, including happy hours and island excursions, throughout the week!

Campers may attend as many or as few workouts or events as they please, and do not need to register for specific workouts. Check out [this neat video](#) on a past swim camp.

## OUR COACHES

We are delighted that **Michael Kerr (he/him)** will be serving as head coach of Swim Camp. Coach of the Chicago Smelts, Mike is a Level 3 USMS certified coach with twenty years experience in swim education. He's worked with Olympians, Trials qualifiers, Masters State Champions and even established learn-to-swim programs. Having started Masters programs in both NJ and IL, he is well versed in creating safe and welcoming communities on the pool deck and beyond. Mike's coaching philosophy is focused on creating a space where a swimmer can set goals, shatter expectations and work with him to ensure a lifetime of successful swimming.

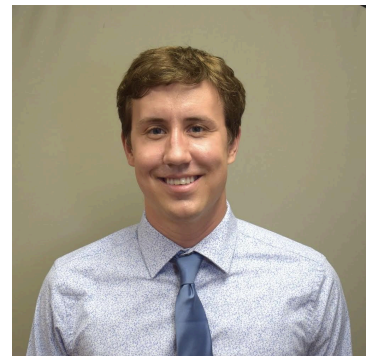


**Emily Fogle (they/them)** will be serving as an assistant coach of Swim Camp. Emily is a current TNYA swim coach, a Level 1 USMS certified swim coach, and has over 10 years of coaching experience. They were a 5x Division 1 All-American swimmer for Purdue University, the current school record holder in 100 & 200 breaststroke, qualified for 2 U.S. Olympic Team



Trials (2012, 2016), and recently swam 29 miles solo around Manhattan. They look forward to creating a safe and welcoming environment for athletes at Swim Camp by assisting in coaching inclusive workouts and maintaining a space that honors their personal philosophy that the water is for everybody.

**Connor Rumpit (he/him)** is an assistant swim coach at New York University, where he has led the distance group for the last two years. He also gained experience as a graduate assistant coach at Springfield College, where he earned his Masters degree in Athletic Administration in 2022. Connor swam for Kenyon College (2016-2020), where he was a 3 time All-American and set the North Coast Athletic Conference record in the 500 freestyle in 2020. Connor grew up near Milwaukee, Wisconsin, and currently resides in Manhattan, NY.





**Kar Nowakowski (he/they)** joined his first swim team, the Homewood-Flossmoor Hammerheads, when he was six years old. He continued swimming competitively through his time at Iona University, where he developed an expertise in long-distance freestyle. Kar still competes occasionally at swim meets and open water events, and he is proud to serve as a coach with Team New York Aquatics and as an instructor and supervisor with Imagine Swimming. He brings a fun and creative energy to the pool deck and encourages his swimmers to enjoy their time in the water while still working hard. When he's not at a pool, Kar works as an immigration attorney at Tenreiro Law, primarily representing asylum seekers in immigration court.



## WHO CAN ATTEND CAMP

Anyone who is over the age of 20 may attend. **USMS membership is not required;** neither is TNYA membership. Members of other LGBTQ+ masters teams and masters swimmers anywhere in the world are very welcome. And of course you do not need to be LGBTQ+ to participate; we welcome allies!

Camp attendance is capped at **70** in order to preserve a low coach to camper ratio; slots are strictly first-come, first-serve. [Register now to avoid disappointment!](#)



## EXPECTED SWIMMING FITNESS/EXPERIENCE

Camp caters to all levels of swimming experience, from relative beginners to World Masters competitors. We ask that all campers be able to comfortably swim 100 yards freestyle non-stop in a 25 yard pool in under 2:30, rest for ten seconds and repeat; if you can do that, you will be able to enjoy Swim Camp. All registrants will be asked for their individual goals upon registration, and our coaches will adapt our programs to best ensure everyone has a rich and fulfilling experience.

Although geared towards swimmers, this camp provides valuable training for all aquatics athletes, including triathletes!



*Photo of the Encantada Pool where we'll be working out this year!*

## WHAT TO BRING

In addition to tinted goggles (important for safety owing to outdoor pool glare) and UV-resistant swimwear, a towel, and a water bottle, we recommend that all campers bring their own **kickboard**, **pull buoy**, **flippers**, and **snorkel** to get the most out of the planned workout activities.





## ACCOMMODATION

This year's Camp recommended hotel is [the Embassy Suites by Hilton Hotel](#). The hotel is a less than 10 minute walk to the beach and in San Juan.

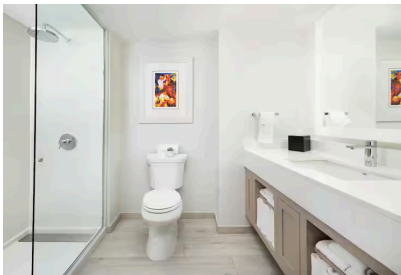
Unlike last year when the pool was within walking distance of our hotel, this year the pool is approximately a 25 minute drive from the Embassy Suites. We have chartered buses to transport campers from the Embassy Suites to the pool. **If you choose not to use the Embassy Suites, we recommend using a hotel or Airbnb close by so you can take advantage of the chartered buses.** Otherwise, campers can Uber or drive themselves to the workouts.

**Hotel amenities include:** An outdoor pool, pool bar, on-site restaurant, less than 10 minute walk to the beach (with chairs/umbrellas for use), less than 5min walk to the supermarket, **2x free alcoholic drinks** per person every night (from 5:30pm-7:30pm daily), laundry on-site (\$3 for washer, \$3 for dryer) and **free breakfast** daily (6:30am-9:30am weekdays, 7am-10am weekends).





All hotel rooms are a **2 Double Bed Suite**, consisting of a bedroom with 2 double beds and a sitting room with a sofa bed. Each suite includes a mini fridge and microwave. You can either book a suite for yourself or share a suite with a roommate. Campers can designate a specific suitemate or have us randomly assign one.



For those who would prefer not to use the camp accommodation, we will provide a spreadsheet for campers to connect with each other in order to plan AirBnB houses. Please be aware that April 6-12 is peak season, and so share houses and the like are already rapidly filling up or experiencing increases in price.

## MEALS

We will be providing meals at Camp 2025. All provided meals are optional, but included in the registration fee.

After the **afternoon** practice on Sunday, Monday, Tuesday, and Thursday, we will provide dinner at the Encantada pool itself. To the right is a sample menu from past camps run by our caterer; we will collect dietary requirements and meal preferences closer to the date of camp.

The final camp dinner will be at **a local San Juan restaurant** on Saturday.

Campers will need to provide their own lunches; we encourage folks to try local restaurants on Wednesday and Friday evenings.

For those who are using the Camp hotel, all breakfasts will be **free** and provided as part of your hotel registration. The Camp hotel also has an on-site restaurant and pool bar for snacks + drinks.



¡El Sabor que Enamora!

### SWIMMERS MENU

All meals include water, salad and bread

#### Options:

1. Bbq pork loin served with "mampostead" rice.
2. Pasta with ground turkey/beef in tomato sauce.
3. Chicken in parmesian dressing served with rice with vegetables.
4. Pork loin guava sauce served with mashed potatoes.
5. Grilled chicken served with rice and beans
6. Chicken breast in criolla/garlic sauce served with mashed plantains/yucca.
7. Chicken alfredo pasta.
8. Pork loin/ grilled chicken served with greek rice.
9. Sesame chicken/ pork loin served with stir-fried rice.
10. Oven baked pork loin with cilantro rice

We also have vegan, vegetarian, gluten free, lactose free meal options.



## **COST**

Camp has a single registration fee of **\$495** that covers **all workouts, all clinics, all coaching, transportation** between the pool and hotel, and **dinner all nights** except Wednesday and Friday nights, plus a jaunty themed swim cap.

Campers may book the camp hotel at the time they register or any time afterwards until March 1, the registration deadline. We have secured a discount rate of \$319 per suite per night (\$159 per person sharing a suite).

Prices are fully inclusive of tax and service charges. We regret that we cannot offer partial weeks at the hotel or partial registration fees.

## **REGISTRATION**

Registration is [via Zeffy](#). Credit card fees are optional when you use Zeffy; to reduce them to \$0, simply select “Other” and insert \$0 when you get to checkout.

The registration deadline is **March 1, 2025**. This is also the refund deadline. Campers will receive a full refund if they cancel on or before March 1; after March 1, we cannot offer any refunds unless you find someone else to take your place.





## GETTING TO AND FROM CAMP

We recommend arriving in San Juan sometime **Saturday, April 5, 2025**; hotel check-in will begin at 4pm. The first official camp event will be our calibration workout at **3pm on Sunday, April 6**; buses to the workout will leave from the Embassy Suites at 2:30pm.

Check-out is at 11am on **Sunday, April 13, 2025**. Our last camp event, the final dinner, will finish at around 10pm Saturday, April 12, if you want to catch a redeye to the mainland. Although we provide transport between the hotel and pool, you will need to make your own way from the airport to the hotel.



## HEALTH AND SAFETY

TNYA has designated several members to serve as Athlete Safety Officers for the week. Early April in Puerto Rico usually promises warm weather, and we will brief everyone on sensible precautions to take when swimming outdoors in a desert environment (short version: drink lots of water, apply lots of sunscreen, and *moisturize*, darlings).

**We strongly recommend members purchase and use tinted goggles.** The pool is outdoors and the glare will damage your eyes without protection.

All campers will be required to agree to the [TNYA Code of Conduct](#), which contains nothing that should surprise anyone who has had to take an Acceptable Conduct in the Workplace training in the last 15 years. The Camp is intended to be a safe space for all campers of all identities.

## CHILDCARE AND PETS

We regret that under the terms of our insurance policies, we cannot have children on the pool deck or in the pool during workouts and are unable to provide childcare or supervision. Campers with children will need to make their own arrangements for off-site childcare.

Insofar as you do not consider your pets to be your children, they are also not allowed on the pool deck or in the pool.

## ORGANIZERS

LGBTQ+ Swim Camp is brought to you by [Team New York Aquatics](#), New York City's LGBTQ+ masters aquatics team. For over 30 years, TNYA has provided a safe and welcoming space for LGBTQ+ New Yorkers and their allies to pursue their physical and social wellbeing through aquatic sports. We believe that aquatic sports are for everyone, and are proud to offer this program to both our own members and other LGBTQ+ and allied masters swimmers.



## QUESTIONS?

If you have any questions about any aspect of Camp, please feel free to email [camp@tnya.org](mailto:camp@tnya.org), where operators are standing by to take your email!