

Swim camp staff

The SU Sports Camps are proud of the excellent staff employed from the college and high school coaching ranks to offer superior instruction to our campers. The staff of this year's camp will include (if available):

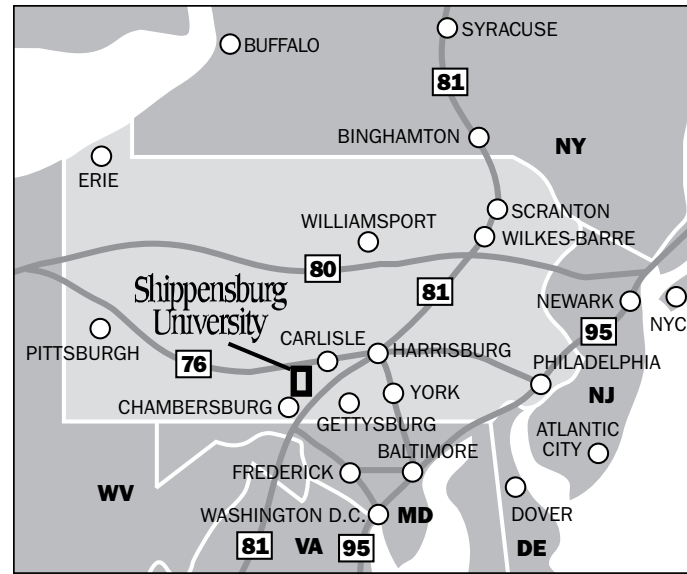
Tim Verge – Head men's and women's swimming coach at Shippensburg University, Verge completed his eleventh year with the Raiders. He is a graduate of SU and a native of nearby Chambersburg. During his early tenure, SU recorded remarkable turnarounds under his leadership. The program has had national qualifiers, approximately 50 All-Americans, and 11 new university records, building on a fine Shippensburg tradition.

Verge, a 1989 SU graduate, was a member of the swim team 1986-1989 and co-captain in his senior year. He has been coaching college swimming for 20 years.

Before coming to Shippensburg, Verge coached more than 20 individual All-Americans who won 60 All-America honors including four NCAA National Champions.

Shippensburg University Swimmers – Members of the illustrious SU swimming team will also be on deck sharing their breadth of expertise. The men and women both are among the top ten teams in the nation in Division II swimming, and they hope to share their real life experiences and ideas with the campers.

Guest Coaches – A variety of successful college, high school, and club coaches will offer their expertise to make this camp a truly diverse experience.



If your point of departure is ...

North of Shippensburg: Use I-81 or U.S. Route 11 south (Exit 29 from I-81). Upon entering Shippensburg, follow signs to Shippensburg University campus.

South of Shippensburg: Use I-81 north (or U.S. Route 11), take Exit 24, turn left and follow signs to Shippensburg University campus.

East of Shippensburg: Use Pennsylvania Turnpike Exit 226 (Carlisle), follow signs to I-81 south, take I-81 to exit 29. Turn right and follow signs to Shippensburg University campus.

West of Shippensburg: Use Pennsylvania Turnpike Exit 201 (Blue Mountain), take Route 696 south toward Shippensburg, follow signs to Shippensburg University campus.

From Baltimore/Washington, D.C., area: Take I-270 to I-70 west to I-81 north. Use exit 24. Turn left and follow signs to Shippensburg University campus.

Shippensburg University is an equal opportunity educational institution. Direct requests for disability accommodations and other inquiries to the Office of Disability Services, Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, ods@ship.edu.

REGISTER NOW! Shippensburg University 2009 Summer Camps

Boys' Football Camp	Ages 10-17	June 14-18
Girls' Basketball Camp	Ages 10-15	June 14-18
Girls' Softball Camp I	Ages 9-17	June 14-18
Swimming Camp	Boys/Girls, ages 9-18	June 14-18
Tennis Camp I	Boys/Girls, grades 8-12	June 14-18
Father/Son Basketball Camp	Ages 6-15	June 20-21
Girls' Soccer Camp	Ages 13-18	June 21-24
Throws Camp	Boys/Girls, grades 9-12	June 21-25
Baseball Day Camp	Boys, ages 6-12	June 22-25
Baseball Residential Camp	Boys, ages 13-16	June 28-July 1
CSI Camp	Boys/Girls, grades 7-11	June 28-July 3
Girls' Volleyball Camp I	Girls, grades 6-12	July 5-9
Girls' Softball Camp II	Ages 9-17	July 5-9
Chemistry Camp	Boys/Girls, grades 3-5	July 6-10
Soccer Day AM Session	Boys/Girls, ages 4-7	July 6-10
Soccer Day PM Session	Boys/Girls, ages 9-13	July 6-10
A Day at College Camp	Grades 6-12	July 8 and 28
Boys' Basketball Camp	Ages 9-17	July 12-16
Girls' Lacrosse Camp	Grades 5-12	July 12-16
Sprints & Hurdles Camp	Boys/Girls, grades 9-12	July 12-16
Learning by Gaming Day Camp	Boys/Girls, grades 4-6	July 13-17
Cross Country Camp	Boys/Girls, grades 9-12	July 19-23
Girls' Volleyball Camp II	Grades 6-12	July 19-23
Tennis Camp II	Boys/Girls, grades 8-12	July 19-23
Jumps Camp	Boys/Girls, grades 9-12	July 19-23
World's Languages Camp	Boys/Girls, grades 6-8	July 20-24
Girls' Field Hockey Team Camp	Grades 9-12	July 26-30
Tennis Camp III	Boys/Girls, grades 8-12	July 26-30
Baseball College Select Camp	Boys, ages 15-18	August 2-5
Boys' Soccer Camp	Grades 9-12	August 2-5

Register NOW by calling (717) 477-1256
or visit our website at www.ship.edu/camps
or e-mail your request to sucamps@ship.edu.

Swimming Camp



June 14 to 18, 2009

Boys and girls, ages 9 to 18

Director: Tim Verge, SU Head Men's and Women's Swim Coach



**SHIPPENSBURG
UNIVERSITY**

WWW.SHIPEDU/CAMPS

Registration Application 2009 SU Swimming Camp

For your convenience, the Conference Office offers on-line registration, payment, and printable brochures. Check out our website at www.ship.edu/camps.

Name _____

Address _____

City _____

State _____ Zip Code _____

Phone number (_____) _____

Age _____ Male Female

Grade in fall of 2009 _____

Parent's name _____

Daytime phone number (_____) _____

School attending _____

Coach's name _____

Roommate preference _____

(Only 2 campers per room)

T-shirt size: (Youth) Large
(Men's) Small Medium Large Extra Large

Fees: Resident plan (all meals included) \$305
 Commuter plan (no meals) \$200
 Commuter plan (4 lunches) \$223
 Commuter plan (4 lunches, 4 dinners) \$251
 Commuter plan (4 breakfasts, 4 lunches, 4 dinners) \$268

Payment Plan:

Check or money order enclosed *(Please make check payable to "Shippensburg University")*

VISA *(If paying with credit card, full payment required.)*

MasterCard

Card Number

Exp. Date ___/___/___ Signature _____
MM YY

Application information

Applications will be accepted up to the Monday prior to the start of camp. Applications submitted after that day **will not be accepted**. If paying with a credit card, full payment is required. If paying by check or money order, you have the option of paying the entire amount or submitting at least a \$50 deposit with the balance due by May 15. Applications submitted after May 15 must be accompanied with full payment. A \$50 administrative fee will be deducted from all refunds. No refunds will be given after on-campus check-in. The Conference Office reserves the right to cancel any camp which has insufficient enrollment up to two weeks before the opening of camp. A full refund will be given if the camp is cancelled.

Send your application and payment to:

Office of Conferences
Shippensburg University
1871 Old Main Drive
Shippensburg, PA 17257-2299
Phone: (717) 477-1256

Camp program

The SU Swimming Camp will focus on stroke skills and will provide swimmers with sessions designed to improve technique. It will include technique sessions for each of the four competitive strokes that will be oriented towards swimming efficiency. Technique sessions will revolve around drills and explanations of the physical forces governing swimming. These technique sessions will cover competitive techniques for starts and turns for each of the four strokes. Camp will also include workout sessions geared for cardiovascular conditioning and emphasizing ideas learned in that day's technique session. The daily program of the camp will include dry land exercises, flexibility work, nutrition information and goal setting exercises. All participants need to know how to swim the four competitive strokes. While we will try to meet everyone's needs, from the novice swimmer to the advanced, we must emphasize that these camps are for swimmers who train and compete on a competitive level. **THIS IS NOT A LEARN TO SWIM CAMP!**



General camp information

- The total resident plan which includes meals, lodging, T-shirt, instruction, limited medical insurance, and a camp gift is \$305. The commuter plan includes T-shirt, instruction, limited medical insurance, and a camp gift. Commuters may choose from four different plans: The commuter plan with no meals is \$200; with four lunches is \$223; with four lunches and four dinners is \$251; with four breakfasts, four lunches, and four dinners is \$268.
- Round-the-clock supervision for each camper.
- Housing: Only two participants will be assigned to a room. Two sheets, one pillowcase, and a pillow are provided. No towels, washcloths, or blankets are provided. Bring a light blanket, washcloths, and towels with you. Coin operated washers and dryers are available in the residence hall.
- Lost key policy: Campers who do not turn in their room key at camp dismissal will be subject to a lock change fee (ranging from \$40-\$60). For security reasons, lock changes must be made immediately before the next group arrives. Keys returned after check out is not permissible. There will be no exceptions.
- Pre-register early. Demands have been excessive for this camp. First-come, first-served. Get applications in early.
- Health and Disability Services — The Etter Health Center is staffed and equipped to take care of minor illnesses and injuries that may arise during your stay on campus. Our physician is in attendance Monday through Friday from 1:30 to 2:30 PM. A registered nurse is on duty or on call 24 hours daily and may at her discretion call the physician for consultation at any hour. A certificate of health must be presented by each participant at the camp's registration. A standard form will be sent upon acceptance. **This form does not require a physician's examination or signature.** For some emergencies, the staff may send you directly to a local hospital. Requests for accommodations, auxiliary aids or services should be made in writing to the Office of Disability Services at least fifteen (15) days before the camp begins. The Office of Disability Services is located in Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, ods@ship.edu.
- Absolutely **no** visitation by family members during the week unless permission is granted by the camp director. Experience has shown that the campers are more receptive to instruction and less stressful when outside adults are not present.

Camp schedule

Check-in
Sun., June 14, 2009
1:30 - 2:30 PM

Dismissal
Residence Hall Lobby
Thurs., June 18, 2009
4:30 PM

Daily schedule *(subject to change)*

7:00 – 8:00 AM	Breakfast, dining hall
8:15 AM	Commuters report to Heiges Field House
8:15 – 9:15 AM	Lecture
9:30 – 11:00 AM	Water session
11:15 AM – 12:30 PM	Lunch, dining hall/relax
12:45 – 1:30 PM	Lecture – dry land session
1:45 – 4:00 PM	Water session
4:30 – 6:15 PM	Dinner, dining hall/relax
6:30 – 7:30 PM	Evening session
7:30 PM	Commuters free to go
7:30 – 9:30 PM	Activity
10:00 PM	In rooms
10:30 PM	Lights out

Recommended equipment

4 swimming suits	warm-ups/sweat clothing
sneakers	sweat socks
4 towels	2 pair of goggles
shorts & T-shirts	swim caps
fan	notebook & pen
swim team shirt from home club/team	

Facilities

There are many outstanding recreational facilities on campus. Time will be allotted during the camp to enjoy these facilities:

- swimming pool
- indoor/outdoor basketball and sand volleyball courts
- racquetball courts
- 9 lighted tennis courts
- convenience store (fee charged)