

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

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!**



<http://www.ship.edu/Visit/Directions/>

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 2010 Summer Camps

Girls Basketball Camp	Girls Ages 10 - 15	June 13 - 17
CSI Camp	Boys & Girls Grades 7 - 11	June 13 - 18
Father Son Basketball Camp	Boys Ages 6 - 15	June 19 - 20
Boys Football Camp	Boys Grades 6 - 12	June 20 - 23
Girls Softball Camp I	Girls Ages 10-17	June 20 - 24
Baseball Day Camp	Boys Ages 6 - 12	June 21 - 24
Soccer Day Camp AM Session	Boys & Girls Ages 5 - 8	June 21 - 25
Soccer Day Camp PM Session	Boys & Girls Ages 9 - 13	June 21 - 25
Swimming Camp	Boys & Girls Ages 9 - 17	June 27 - July 1
Tennis Camp I	Boys & Girls Grades 9 - 12	June 27 - July 1
Chemistry Camp	Boys & Girls Ages 8 - 10	June 28 - July 2
Girls Lacrosse Camp	Girls Grades 5 - 12	July 11 - 15
Girls Softball Camp II	Girls Ages 10 - 17	July 11 - 15
Girls Volleyball Camp I	Girls Grades 6-12	July 11 - 15
Girls Soccer Camp	Girls Ages 13 - 18	July 18 - 21
Boys Basketball Camp	Boys Ages 9 - 17	July 18 - 21
Jumps Camp	Boys & Girls Grades 9 - 12	July 18 - 21
Cross Country Camp	Boys & Girls Grades 9 - 12	July 18 - 22
Tennis Camp II	Boys & Girls Grades 9 - 12	July 18 - 22
Baseball Day Camp	Boys Ages 6 - 12	July 19 - 22
Throws Camp	Boys & Girls Grades 9 - 12	July 25 - 28
Girls Volleyball Camp II	Girls Grades 6 - 12	July 25 - 29
Tennis Camp III	Boys & Girls Grades 9 - 12	July 25 - 29
Baseball Residential Camp	Boys Ages 13 - 18	August 1 - 4
Boys Soccer Camp	Boys Grades 9 - 12	August 1 - 4
Speed & Hurdles Camp	Boys & Girls Grades 9 - 12	August 1 - 4
Girls Field Hockey Camp	Girls Grades 9 - 12	August 4 - 8

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.

Swim Camp



June 27 to July 1, 2010

Boys and Girls
Ages 9 to 17

Director: Erin Goodhart, SU Head Men's & Women's Swim Coach



SHIPPENSBURG
UNIVERSITY

WWW.SHIP.EDU/CAMPS

Registration Application 2010 SU Swim 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 2010 _____

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) \$330

Commuter plan (4 lunches, 4 dinners) \$285

Payment Plan:

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

Credit card payments and e-checks will be accepted on-line at www.ship.edu/camps as part of the registration process. If paying by credit card or e-check, full payment is required at the time of registration.

Application information

Applications will be accepted up to one week 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 \$75 deposit with the balance due one week prior to start of camp. An administrative fee of \$75 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:

Conference Services
Shippensburg University
1871 Old Main Drive
Shippensburg, PA 17257-2299
Phone: (717) 477-1256

General camp information

- Register early:** Space is limited to facilitate individual attention.
- Housing:** All participants will be housed in modern residence halls and will be supervised by counselors. 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 these items with you. Coin operated washers and dryers are available in the residence hall.
- 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. Lock changes for lost keys will be billed to the camper. There will be no exceptions.
- 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.**
- Health 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. For some emergencies, the staff may send you directly to a local hospital.
- Disability Services:** Requests for accommodations, auxiliary aids or services must 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.
- Recreational facilities include:** indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts and handball courts.
- 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. Young campers (ages 10-11) should try to attend with a friend. This helps with homesickness and makes the camp experience more enjoyable for the camper.

What to bring:

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	

Camp schedule

Check-in

Sunday, June 27, 2010
1:30 - 2:30 PM

Dismissal

Residence Hall Lobby
Thursday, July 1, 2010
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



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 camps will include (if available):

Erin Goodhart - Head men's and women's swimming coach at Shippensburg University

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.