

## 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](mailto:ods@ship.edu).

# REGISTER NOW!

## Shippensburg University 2011 Summer Camps

Swimming Camp	Boys & Girls Ages 8 - 17	June 12 - 16
Baseball Day Camp I	Boys Ages 6 - 12	June 13 - 16
Father/Son Basketball Camp	Boys Ages 6 - 15	June 18 - 19
Boys Football Camp	Boys Grades 6 - 12	June 19 - 22
Girls Lacrosse Camp	Girls Grades 5 - 12	June 19 - 22
Girls Basketball Camp	Girls Ages 9 - 15	June 19 - 23
Tennis Camp I	Boys & Girls Grades 8 - 12	June 19 - 23
Girls Softball Camp I	Girls Ages 10 - 18	June 19 - 23
Middle School Field Hockey Camp	Girls Grades 6 - 8	June 26 - 29
CSI Camp	Boys & Girls Ages 13 - 17	June 26 - July 1
Chemistry Camp I & II	Boys & Girls Ages 8 - 10	June 27 - July 1
Girls Softball Camp II	Girls Ages 10 - 18	July 10 - 14
Girls Volleyball Camp I	Girls Grades 6 - 12	July 10 - 13
Baseball Day Camp II	Boys Ages 6 - 12	July 11 - 14
Speed & Hurdles Camp	Boys & Girls Grades 9 - 12	July 17 - 20
Boys Basketball Camp	Boys Ages 9 - 17	July 17 - 21
Cross Country Camp	Boys & Girls Grades 9 - 12	July 17 - 21
Tennis Camp II	Boys & Girls Grades 8 - 12	July 17 - 21
Jumps Camp	Boys & Girls Grades 9 - 12	July 24 - 27
Girls Volleyball Camp II	Girls Grades 6 - 12	July 24 - 27
Girls Field Hockey Camp	Girls Grades 9 - 12	July 24 - 28
Tennis Camp III	Boys & Girls Grades 8 - 12	July 24 - 28
Throws Camp	Boys & Girls Grades 9 - 12	July 31 - Aug. 3

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

# Swim Camp



June 12 to 16, 2011

Boys and Girls  
Ages 8 to 17

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



SHIPPENSBURG  
UNIVERSITY

[WWW.SHIP.EDU/CAMPS](http://WWW.SHIP.EDU/CAMPS)

## Registration Application 2011 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](http://www.ship.edu/camps).

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone number (\_\_\_\_\_) \_\_\_\_\_

Age \_\_\_\_\_  Male  Female

Grade in fall of 2011 \_\_\_\_\_

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) \$350  
 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](http://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](mailto: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 12, 2011  
1:30 - 2:30 PM

### Dismissal

Residence Hall Lobby  
Thursday, June 16, 2011  
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):

**Tim Verge** - 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.

**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.