SWIM BOYS AND GIRLS CAMP

JUNE 1–4, 2020
COMPETITIVE SWIMMING TECHNIQUE
COMMUTER CAMP • AGES 8–18

SHIPPENSBURG UNIVERSITY
1871 OLD MAIN DRIVE • SHIPPENSBURG, PA 17257
P: (717) 477-1256 • E-mail: sucamps@ship.edu

SHIPPEDU/CAMPS

Directed by:
Tim Verge,
Head Men’s and Women’s Swim Coach
Shippensburg University

RAIDER CAMPS
SWIM
BOYS AND GIRLS CAMP

2020 SUMMER CAMPS

CAMP AGE/GRADE GROUP* DATES
Swim Camp Boys and Girls Ages 10–18 June 1–4
Boys Basketball Camp Boys Ages 10–17 June 7–10
Acting and Theatre Arts Boys and Girls Grades 3–6 June 8–12
Building and Selling Your Product Boys and Girls Grades 4–12 June 10–11
Soccer Camp Boys and Girls Ages 9–12 June 15–19
Girls Basketball Camp Girls Ages 10–14* June 21–24
Girls Softball Camp I Girls Ages 10–13* June 21–24
Chemistry Camp Boys and Girls Ages 8–10 June 29–July 3
Tennis Camp I Boys and Girls Ages 10–18 July 9–12
Girls Volleyball Camp I Girls Ages 12–18 July 12–15
Sprints and Hurdles Camp Boys and Girls Grades 9–12 July 12–15
Field Hockey Day Camp Boys and Girls Grades 3–8 July 13–15
Girls Softball Camp II Girls Ages 13–18 July 13–14
Volleyball Team Camp High School Teams July 18–19
Class Country Camp Boys and Girls Grades 9–12 July 19–23
Jumps Camp Boys and Girls Grades 9–12 July 19–22
Throw Camp Boys and Girls Grades 9–12 July 19–22
Field Hockey Girls Grades 8–12 July 26–29
Girls Volleyball Camp II Girls Ages 12–18 July 26–29
Tennis Camp II Boys and Girls Ages 15–18 August 6–9

* 8 and 9 year olds will be accepted as commuters
† Grade entering in fall 2020

CAMP SCHEDULE

CHECK IN Monday, June 1, 2020, 8:00am
DISMISSAL DAILY 4:30pm daily

DAILY SCHEDULE (Subject to change)
8:15am Arrival
8:30–9:15am Lecture
9:30–11:30am Practice sessions
11:45am–12:00pm Lunch, dining hall
1:30–4:45pm Practice sessions
4:30pm Dismissal

REGISTER EARLY
Space is limited to facilitate individual attention.

WHAT TO BRING:
- A certificate of health must be presented by each participant at the camp’s registration. If you register by mail, a standard form will be sent. Health forms are available for download on our website at ship.edu/camps. This form does not require a physician’s examination or signature.
- What to bring: three swimming suits, three towels, two pair of goggles, swim caps, warm-ups/sweat clothing, shorts and t-shirts, sneakers, sweat socks, notebook, and pen.

HEALTH SERVICES
The Etter Health Center at Shippensburg University is available for first aid treatment of minor illnesses and injuries. Hours of operation vary throughout the year and are listed on the health center website ship.edu/health_center. If an illness or injury requires additional medical care, with consent of parent or legal guardian of child under the age of eighteen, arrangements may be made for an appointment with the campus physician during physician hours. If there is a medical emergency the camper will be transported via ambulance to an emergency room.

ACCESSIBILITY RESOURCES
Requests for accommodations, auxiliary aids, or services must be made in writing to the Office of Accessibility Resources at least fifteen (15) days before the camp begins. The Office of Accessibility Resources is located at Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, oar@ship.edu.

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Shippensburg University is a member of Pennsylvania’s State System of Higher Education and a private, co-educational institution. Direct requests for disability accommodations and other inquiries to the Office of Accessibility Resources, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, oar@ship.edu.

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SU COMPETITIVE SWIMMING TECHNIQUE CAMP
The SU Competitive Swimming Technique 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 toward 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 include workout sessions geared toward emphasizing ideas learned in that day’s technique session. The daily program of the camp can 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!

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. Conference Services reserves the right to cancel any camp that has insufficient enrollment up to two weeks before the opening of camp. A full refund will be given if the camp is canceled.

Send your application and payment to:
CONFERENCE SERVICES
SHIPPENSBURG UNIVERSITY
1874 OLD MAIN DRIVE
SHIPPENSBURG, PA 17257-2299
PHONE: (717) 477-1256

REGISTRATION APPLICATION
2020 SU SWIMMING CAMP
For your convenience, the Conference Office offers online registration, payment, and printable brochures. Check out our website at ship.edu/camps.

APPLICATION
Name ________________________
Address ________________________
City __________________________ State _______ Zip Code _______
Phone Number ________________
Age _____ Male _____ Female _____ Grade in Fall of 2020 _______
Parent’s Name ______________________
E-mail ________________________
Daytime Phone Number __________
School Attending ______________________

FEES:
○ $225 Commuter Plan (lunches included)
PAYMENT PLAN:
○ Check or money order enclosed
(Please make check payable to “Shippensburg University”)
○ Credit card payments and e-checks will be accepted online at 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.

REGISTER NOW
CALL (717) 477-1256
VISIT ship.edu/camps
E-MAIL sucamps@ship.edu