COMPETITIVE SWIMMING RAIDER CAMPS

BOYS’ & GIRLS’ CAMP

WWW.SHIP.EDU/CAMPS

JUNE 4-7, 2017
TECHNIQUE CAMP ● AGES 10-18
(AGES 8 & 9 WILL BE ACCEPTED AS COMMUTERS)

JUNE 11-15, 2017
TRAINING CAMP ● AGES 10-18
(CAMP ENROLLMENT WILL NOT EXCEED 40 SWIMMERS)

Directed by:
Tim Verge, SU Head Swimming Coach
Jen Flinchbaugh, SU Asst. Swimming Coach
ARRIVAL
Sunday, June 4, 2017 or Sunday, June 11, 2017
1:30–2:30 PM

DISMISSAL
Wednesday, June 7, 2017 or Thursday, June 15, 2017
Residence hall lobby

DAILY SCHEDULE: TECHNIQUE CAMP (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

DAILY SCHEDULE: TRAINING CAMP (subject to change)
7:30 – 8:30 AM  Breakfast, dining hall
8:45 – 9:15 AM  Lecture
9:30 – 11:00 AM  Water session
Noon – 1:45 PM  Lunch, dining hall/relax
2:00 – 4:30 PM  Water session
5:00 – 6:15 PM  Dinner, dining hall/relax
6:45 – 7:45 PM  Potential Evening Session/Lecture
8:00 PM  Commuters free to go
8:00 – 9:30 PM  Activity
10:00 PM  In rooms
10:30 PM  Lights out
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. A standard form will be sent upon acceptance. This form does not require a physician’s examination or signature.
- 3 swimsuits, sneakers, 3 towels, shorts and t-shirts, fan, swim team shirt from home club/team, warm-ups or sweat clothing, sweat socks, 2 pair of goggles, swim caps, notebook and pens, recreational equipment if desired.

RECREATIONAL FACILITIES INCLUDE:
Indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts, and handball courts.

HOUSING
Campers will be housed in suite-style residence halls. Amenities include: air conditioning and a bathroom for every two campers. A pillow, one pillowcase, and two sheets will be provided. You will need to bring towels, blankets, and washcloths with you. Coin-operated washers and dryers are available on each floor in the residence hall.

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 www.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 18, 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.

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 Suite 324, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, ods@ship.edu.
OBJECTIVE

The SU 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 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 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!**

The SU Competitive Swimming Training Camp will focus on daily workouts designed to provide a strong preparation for the summer swimming season. The workouts will be short course yards. The emphasis of this camp is swimming conditioning with discussions on competitive swimming topics. Daily workouts could reach up to 8,000 yards per session. Strength training exercises possibly including weight lifting may also be included. This camp is best for those with a stronger competitive swimming background. For the Competitive Swim Training Camp you must be able to swim 100 yards freestyle in under 1:00.

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 canceled.

A full refund will be given if the camp is canceled.

Send your application and payment to:

CONFERENCE SERVICES  
SHIPPENSBURG UNIVERSITY  
1871 OLD MAIN DRIVE  
SHIPPENSBURG, PA  17257-2299  
PHONE:  (717) 477-1256
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 – SU Head Swimming Coach

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 the week, a variety of successful college, high school, and club coaches will offer their expertise to make this camp a truly diverse experience.

* Others may be added to our staff. Staff subject to change.
For your convenience, the Conference Office offers online 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 2017 _____

PARENT’S NAME  _____________________________________________

DAYTIME PHONE NUMBER (______)  _____________________________

SCHOOL ATTENDING __________________________________________

COACHES NAME  _____________________________________________

ROOMMATE PREFERENCE  _____________________________________
(ONLY 2 CAMPERS PER ROOM)

T-SHIRT SIZE: ○ YOUTH LARGE (MEN’S) ○ SMALL ○ MEDIUM ○ LARGE ○ EXTRA LARGE

FEES:

TECHNIQUE CAMP: JUNE 4-7, 2017
○ RESIDENT PLAN (ALL MEALS INCLUDED) $375
○ COMMUTER PLAN (INCLUDES: 3 LUNCHES & 3 DINNERS) $300

TRAINING CAMP: JUNE 11-15, 2017
○ RESIDENT PLAN (ALL MEALS INCLUDED) $380
○ COMMUTER PLAN (INCLUDES: 4 LUNCHES & 4 DINNERS) $305

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 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.

REGISTER NOW

CALL (717) 477-1256
VISIT www.ship.edu/camps
EMAIL sucamps@ship.edu
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