

Jackrabbit Competitive Swimming Camp 2008 Instructional & Workout Camp

Coaches and Athletes,

Thank you for considering South Dakota State University Competitive Swimming Camp. We are very excited to host this camp. We look forward to four days of working on stroke mechanics, starts, turns, drills, and workouts. Sessions will allow each participant the opportunity to develop proper techniques in the competitive strokes, videotaping of strokes, and work on starts and turns. I am excited to see you at South Dakota State University this summer. Please return your application quickly as we have a limited number of openings.

Brad Erickson,
SDSU Head Swimming Coach,
Camp Director

Who can attend?

Boys and girls entering grades 5-12. 4th Graders may be admitted if accompanied by older sibling or older teammate.

How much?

The cost is \$315 for overnight campers and \$145 for commuters. A \$50 Non-refundable Deposit must accompany the application form. A 7% sales tax is included in the camp fee.

What should I bring?

Swim suits, towels, goggles, spending money, clothes for outside activities. Linens will be provided for overnight campers (bring your own pillow), or you may bring a sleeping bag or your own linens.

Accommodations

The camp fee includes instruction plus a T-shirt. Overnight campers will be assigned to a dorm room and roommate. If you have a roommate request, please note so on the application. Overnight campers' meals are included in the fee, commuters may purchase meal cards at check in.

What's the Schedule?

Application Deadline.....Tuesday, May 20, Camp is limited in numbers to insure adequate coach to camper ratio.

Registration.....12:30pm-1:00pm. Tuesday, May 27th

1:30-3:30 p.m. Stroke Analysis, Drills
3:30-5:00p.m. Organized Free Time
5:00-6:00p.m. Dinner
7:00-8:30p.m. Workout
8:30pm-11:00pm Free time in dorm
11:00pm Lights Out

Wednesday, Thursday, May 28, 29

7:30am Breakfast
9:00-10:15am Stroke Drills
10:30-11:00am Video's, Classroom sessions
11:00am-12:30pm Lunch
1:30pm-3:30pm Stroke Analysis, Starts & Turns
3:30pm-5:00pm Organized free time
5:00pm-6:30pm Dinner
7:00pm-8:30pm Workout
8:30pm-11:00pm Free time in dorm
11:00pm Lights Out

Friday, May 30th

7:30am Breakfast
9:00-11:00am Stroke Drills
11:00-12:30pm Lunch
1:00-3:00pm Stroke Analysis, Starts & Turns
3:00 Clean rooms, check out, camp closes on checkout

How do I sign up?

Fill out the application form completely. Read and sign the release form and then have a parent or guardian read and sign it too. Detach the application form from this brochure and send it along with your payment to the address below. You can make copies of the application form if you need them for a friend. Any questions, call 605 688-6527. See you at camp!

You can also register online through the [swimming](http://www3.sdstate.edu/Athletics/VarsitySports) website at:

<http://www3.sdstate.edu/Athletics/VarsitySports>

Or:

<http://www.camppros.com/register/default.aspx?OrgId=56>

SDSU Competitive Swimming Camp
Stanley J Marshall HPER Center
Box 2820
South Dakota State University
Brookings, SD 57007-1497 Attn: Sharon Kendall

Jackrabbit Competitive Swimming Camp Application Form

May 27-30, 2008

All campers MUST complete an application, including those coming as members of a team. NO cash accepted. Make checks or money orders to: Jackrabbit Competitive Swimming Camp. Credit cards may be used for online registration only.

Name _____ Birth Date _____
 Address _____ Phone (____) _____
 E-mail Address _____
 Payment In Full is included \$50 Deposit Only (Non-Refundable)
 Resident Camper Commuter Camper Commuter Meal Card
 I would like to room with _____
 School _____ Grade (Fall 2006) _____
 Team Name _____ Coach's Name _____
 Height _____ Weight _____ Age _____ T-Shirt size (adult sizes) _____
 Office Use Only: Check # _____ Date Rec'd _____ Am't Paid _____ Am't Due _____ Acknowledge Sent _____

Participant's Signature _____
 Parent's or Guardian's Signature _____
 Medical Insurance Company and Policy Number _____

Release Form In consideration of the acceptance of this application, I, intending to be legally bound hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against South Dakota State University, or its representatives and/or assignees for any and all damages which may be sustained and suffered out of my traveling to, participation in, and returning from camp.