

2012 HAWKEYE SWIMMING CAMP

General Information

Check-in

The check-in time for camp is 2:00-3:00 p.m. Sunday on the main deck of the Field House.

Housing for Residents

Residents are participants who are living in one of the residence halls during camp. There are two campers per room. Room assignments will be made in advance. If you have a roommate preference, write the name of that person on your application form in the designated area. Roommate preferences received less than two weeks before camp start date may not be possible. Bedding, which includes sheets, pillow, pillowcase, and blanket, is provided. Meals are served in University dining facilities. Athletic trainers and medical personnel are available 24 hours a day.

Commuter Plan

Commuters are participants who attend sessions during the day and stay off campus at night. Lunch and dinner are included in the commuter fee.

Orientation

After the check-in there will be a brief orientation session, in the Natatorium of the CRWC, explaining Sports Camps rules and regulations. All campers must comply with the rules. Any serious violations or abuses will result in immediate dismissal from camp without refund. Bring suit for swim session.

Facilities

Our 2012 Camps will be held in the new Campus Recreation and Wellness Center (CRWC) Aquatic Center!

Items to Bring to Camp

Please bring your swimsuit, towel and tennis shoes for the dryland conditioning. Participants must also furnish their own towels and toiletry items. When not in a sports session, dress is casual, so bring along your favorite jeans or shorts and summer shirts. It is a good idea to bring extra spending money for soft drinks, snacks, video games and the Hawk Shop. You may wish to bring an alarm clock and a small fan. We strongly discourage you from bringing any valuables to camp. The camp administration will not cash personal checks from campers. The University of Iowa is not responsible for lost or stolen articles.

Important for Parents

Each registered camper will receive a confirmation letter and a medical form. For more information go to www.iowasportscamps.com. Parents are invited to observe any of the sessions. **NOTE:**

Completed and signed medical forms must be on file to participate, no exceptions. School physicals along with our medical form signed by parent/guardian may be used if the physical is within one year of the camp.

Health and Insurance

Costs for the treatment of injuries and hospitalization for illness or injuries incurred during Sports Camps will be the responsibility of the parent or guardian of the participant.



Session I - June 10-14

Session II - June 17-21

Ages 9* - 18

***9 year olds will only be allowed to attend as commuters.**

Deposit and Balance

Enroll now! Enrollment will be limited so send your application form and \$100.00 nonrefundable/nontransferable deposit to The University of Iowa Sports Camps today.

Costs and Cancellations

The fee per session for a resident is \$470 and for a commuter is \$360 and is all-inclusive; there are no extra charges. Applications received after May 29 must be paid in full. Your fee less the deposit will be refunded without questions if you cancel your enrollment prior to June 1. Campers who must leave during the week due to illness or injury will receive a prorated refund based on camp attendance. Written requests for refunds should be sent to the Sports Camps Office, E206 Field House, The University of Iowa, Iowa City, IA 52242-1111. Requests must be made prior to August 15. No refund will be given to campers who voluntarily leave camp or who are sent home for disciplinary reasons.

Camp Features

- 2 to 3 training sessions daily.
- Video.
- Instruction on stroke, starts and turns for all strokes.
- Individual analysis and evaluation on all strokes, starts and turns.
- Lectures on nutrition and mental preparation.
- Dryland conditioning and strength training.
- Campers who register at least 2 weeks prior to camp start date will receive 2 t-shirts and a swim cap.
- An intense yet FUN learning experience at one of the nation's finest academic and athletic institutions.
- Evaluations with training tips on all four strokes.

Typical Schedule

6:30 - 8:30 a.m. Breakfast
9:00 - 11:30 a.m. Session I Mechanics & Stroke Workout
11:30 - 1:30 p.m. Lunch
1:30 - 4:00 p.m. Session II Dryland Workout & Swim
4:30 - 6:00 p.m. Dinner
7:00 - 8:30 p.m. Session III or Supervised Recreational Activities
10:00 p.m. Floor Meeting
11:00 p.m. Lights out

Coaching Staff



Head Coach

Marc Long

- 13 years of Division 1 coaching experience
- Coached numerous NCAA and US National qualifiers
- Three-time Big Ten Champion, NCAA Finalist, and Olympic Trials Qualifier
- Six-time NCAA All American, U.S. National Champion



Associate Head Coach

Frances Malone

- 11 years of Division 1 coaching experience
- Coached Conference USA Champions, NCAA participant and a 2004 Olympic participant while at Tulane University
- Coached three Mid-American Conference (MAC) individual Champions and the MAC swimmer of the year while at Ohio University



Assistant Coach

Nathan Mundt

- Former head swimming coach at Western Illinois University
- 2006-07 Mid-Continent Conference Women's Coach of the Year
- All-Conference honors in butterfly and freestyle
- 4 years as Iowa assistant



Assistant Coach

Kirk Hampleman

- Nine-time NCAA All-American
- Member of Auburn's 1999 NCAA championship team
- Worked on the staff of Florida State's 2006 ACC women's team champions
- 6 years as Iowa assistant
- SEC Champion



THE UNIVERSITY OF IOWA

Online registration available at:

www.iowasportscamps.com

EMAIL: sportcamps@hawkeyesports.com

PHONE: (319)335-7961