



University of Rochester 2013 Swimming Technique Camp



Competitive swimmers ages 9-17
 July 8-12 9:00-3:00PM (Technique Camp)
 August 5-9 7:30-11:30AM (Advanced Technique Camp)

Technique Camp

For competitive swimmers ages 9-15. Instruction includes cutting edge drills and technique in all four strokes. Focus will be on body position, body movements and connecting your core to your upper and lower extremities. Turn component training.

Videotaping above and under water. Stroke Count/Stroke Rate combinations. Sport Psychology training. Nutrition.

Advanced Technique Camp

Designed for high level high school and experienced club swimmers, ages 11-17, as well as for those with successful participation in our Technique Camps.

Advanced body position drills. Advanced Drills for connecting to the whole stroke. Advanced Turn Component training. Race Strategy & Training Physiology.

Underwater and above water videotaping. Advanced Drills for Stroke Rate and Stroke Length combinations.

Risk Waiver Acknowledgement and Release Agreement

Please be advised that there is an additional risk waiver for minors that must be signed before attending the University of Rochester Swimming Technique Camps. If we do not receive your signed waiver prior to the start of camp, you will not be allowed to participate. If you register online you must print and sign the risk waiver from our website; or if you send in a check we will mail a risk waiver form to your home. Please note that the risk waiver is an agreement and acknowledgement for participation in the University of Rochester Swimming Technique Camp.

www.uofrathletics.com



Daily Schedule

Technique Camp

Review & Film Study
 Dryland for Kinetic Chain Development
 Technique Work & Videotaping in Pool
 Review filming.
 Lectures: Nutrition, Sport Psychology, Race Strategy
 Lunch (bring bag lunch)
 Fun & Games
 Technique Work & Video Analysis
 Review

Advanced Technique/HS Prep

Underwater videotaping
 Intensive drills
 Advanced drills to incorporate into training

LIMIT: 32 CAMPERS PER WEEK



ROCHESTER



University of Rochester

Swimming Technique

Camps

Registration Form



Peter Thompson, Head Men's & Women's Swimming Coach at the 13th ranked University of Rochester, will be directing all sessions both on deck and in the classroom. During his 30 year career Pete has taught and developed numerous National Qualifiers, State Champions, Team Champions, NCAA Qualifiers & Conference champions, and one Olympian. His natural enthusiasm and passion for swimming will motivate each camper to learn and succeed in and out of the water. Additional college coaches and athletes will be present on deck during all sessions.

Name of Applicant: _____

Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone Number: (____) _____

Email Address: _____

Grade or Year in School this coming Sept: _____

Years of Competitive Swimming: _____

Best Strokes & Times: _____

Session Registration

- _____ Session I July 8-12
- _____ Session II August 5-9

Session I \$325, Session II \$225, \$495 for both!

Must be paid in full at time of registration.

Payments made by cash or check are accepted by mail. Please include the registration form and risk waiver when submitting payment. You may also pay in full online by using your Visa or Mastercard. You must complete the camp application and provide parental consent when you apply online. A third party vendor provides online registration for Rochester Swimming camps. An additional processing fee will be applied to the camp price. No refunds will be provided for online registration.

Make checks payable to:
University of Rochester Swimming Camp

Mail to:
Pete Thompson
Box 270296
University of Rochester
Rochester, NY 14627

Camp Mission

The University of Rochester Technique Camps are designed to teach the latest advances in swimming technique, starts, turns, core strength development, and creating a powerful mindset for competition. Benefits of attending our camp include:
IMPROVED STROKE LENGTH & STROKE RATE
FASTER STARTS & TURNS
NUTRITION, MENTAL & DRYLAND TRAINING
WRITTEN EVALUATIONS & VIDEO ANALYSIS
COMPREHENSIVE PACKET OF INFORMATION

Camp Fees

Technique Camp fee \$325 per camper
Advanced technique/HS Preparation fee \$225 per camper.

\$495 for both!

Insurance and Emergency Information

Name of Camper: _____

Emergency Contact 1: _____

Emergency Contact 2: _____

Insurance Company: _____

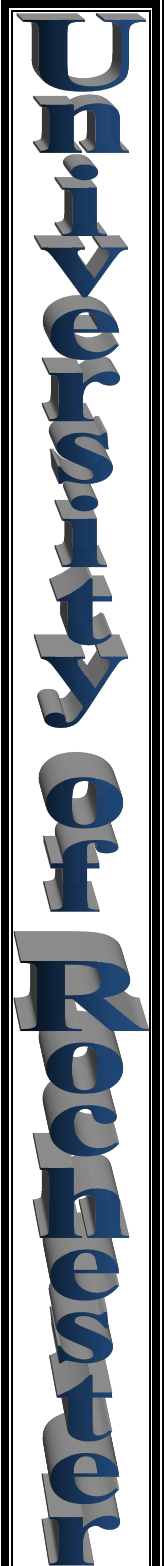
Policy Number: _____

Insurance Phone Number: _____

Policy Holder: _____

Policy holder DOB: _____

To contact Pete Thompson directly:
pthompson@sports.rochester.edu



**UNIVERSITY OF ROCHESTER
ACKNOWLEDGEMENT AND RELEASE AGREEMENT**

I, _____, am the parent or legal guardian of _____, whom I wish to participate in **University of Rochester Swimming Technique Camps** offered by University of Rochester (the Activity). As a precondition to Participant participating in the Activity, I have read the following Release Agreement and agree to its terms.

1. Assumption of Risk. I understand that participating in the Activity entails inherent risks including, but not limited to, the risks described in this Activity Detail Form on the reverse side of this Release Agreement. I have read and understood the Activity Detail Form. I have been given the chance to ask questions about the Activity Detail Form and all such questions have been answered to my satisfaction. Having read this form, I am fully aware of the risks and hazards associated with the Activity, and hereby elect to voluntarily allow Participant to participate in the Activity. I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, that Participant may sustain as a result of participating in the Activity, unless caused by the gross negligence or willful misconduct of U of R, its officers, trustees, agents, employees or volunteers (the "Releasees").

2. Liability Release. In consideration for U of R allowing Participant to participate in the Activity, I agree I and Participant will not sue the Releasees and we hereby release and indemnify the Releasees from any and all liabilities, claims, demands, actions, causes of actions, costs and expenses of any nature whatsoever arising out of any loss, personal injury (including death) or property damage, that Participant may sustain, arising from the Activity or while upon the premises where the Activity is being conducted, unless due directly to the gross negligence or willful misconduct of the Releasees.

3. Statement of Physical Fitness. I state that Participant is physically fit and in a condition that will allow him or her to participate fully and safely in the Activity. I maintain medical insurance that covers Participant for accidents and illnesses while participating in this Activity. I understand the Releasees have not made, nor will make, any investigation into Participant's physical fitness or ability to participate in the Activity and Releasees are relying on my statement of Participant's physical condition. I assume full responsibility for payment of medical expenses not covered by my insurance incurred as a result of Participant's participation in the Activity.

4. Emergency Medical Treatment. I grant the Releasees permission to authorize emergency medical treatment of Participant as they deem appropriate, and agree that such action by the Releasees shall be subject to the terms of this Agreement. I understand and agree that the Releasees assume no responsibility for any injury or damage that might result from such emergency medical treatment.

It is my express intent that this Agreement shall bind Participant, me and the members of our family (if any), our estate, heirs, administrators, assigns or personal representatives. I agree that this Agreement and any claim arising from my participation in the Activity shall be construed in accordance with the laws of the State of New York, without regard to its conflict of laws principles. The courts in Monroe County shall be the forum for any lawsuits arising from the Activity or relating to this Agreement. The terms of this Agreement shall be severable, such that if a court of competent jurisdiction holds any term to be illegal or unenforceable, the validity of the remaining portions shall not be affected thereby.

In signing this Agreement, I acknowledge that I have read both sides of this Release Agreement form, understand it, and agree to be bound by its terms. I further acknowledge that I sign this Release Agreement voluntarily and I am at least eighteen years of age.

Name of Parent or Legal Guardian (printed)

Signature

Name of Participant (printed)

Date

THIS IS A RELEASE OF LEGAL RIGHTS. READ AND UNDERSTAND BEFORE SIGNING.

ACTIVITY DETAIL FORM

Name of Activity: University of Rochester Swimming Technique Camps

Date(s) of Activity: July 8-12; August 5-9 2013

Location of Activity: Goergen Athletic Center/Speegle-Wilbraham Aquatic Center

Description of Activity: Swimming technique camp for competitive swimmers ages 9-17

Various activities including, but not limited to: Swimming, running, plyometric exercises, diving.

**By participating in these activities you may be exposed to several inherent risks, including but not limited to those listed below:
Injury including sprains, falls, head injury, fractures, shoulder soreness, muscle pulls, or any other sports related injury.**