

PARENTAL CONSENT

Please Print

Name of Camper

Date of Birth

Please provide the following information about the above camper:

Allergic Reactions

Past illnesses or other information that would be useful in the event of treatment if necessary:

Insurance Company _____

Policy Holder _____

IN CASE OF EMERGENCY:

Father _____

Home Phone _____

Work Phone _____

Cell Phone _____

Mother _____

Home Phone _____

Work Phone _____

Cell Phone _____

I hereby certify that the USD Swim Camp Staff has full and unconditional authority to proceed with diagnosis and treatment as judgement indicates for injuries during camp. The USD Swim Camp and The University of South Dakota shall not be held responsible for any consequence resulting from such injuries.

I declare that I am the father/mother/legal guardian (circle one) of the above named minor.

Parent's Signature

This form must be completed prior to registration to allow camp participation.

COACHING BIOGRAPHIES



Jason Mahowald
Head Swimming & Diving Coach

Jason Mahowald's is in his sixth as the head men's and women's swimming and diving coach at The University of South Dakota. Mahowald will lead the Coyotes into their third season of transitioning to Division I status and into their second year of competition in the Summit League.

In 2009-10, USD had a strong showing at the Summit League Championships, where the Coyotes competed for the first time. The USD women posted a strong third-place showing, while the Coyote men placed fifth. The year was highlighted with USD receiving 11 individuals earning a total of 22 All-Summit League honors. With Sophomore Elizabeth Hoffman leading the way for USD with five All-Summit League honors, including winning USD's first Summit League individual championship (200 freestyle). Other highlights included the USD men beating in-state rival South Dakota State twice in dual competition.

In 2008-09 under Mahowald, USD continued to rewrite its record books, with six more new team records in yards and seven more being set in meters. USD's men's team finished third at the Northern Sun Championships. Where Mahowald was named the Northern Sun Men's Coach of the Year as a result of the team's showing.

Overall, the Mahowald-led Coyotes produced a total of 21 All-America performances, and have brought home a total of 26 NCAA All-America swimming awards. Mahowald has been named as of the national outstanding coaches by the American Swim Coaches Association in 2006, 2007, and 2008. He was been named Conference Coach of the Year Twice (07 & 08). He was also named USD's Coach of the Year in 2009.

Mahowald earned a B.S. degree in business administration from Wisconsin- Stevens Point (2002) and received a Master's degree in sports administration from Ball State (2005).

Assistant Coaches & Resident Camp Counselors

Members of the University of South Dakota Men's and Women's coaching staff and teams serve as coaches and counselors at our camp. Counselors will be living in the residence halls with the campers to assure safety and supervision. We provide a great swimmer to coach ration for personalized attention

NON PROFIT
ORGANIZATION
U.S. Postage
PAID
Vermillion, SD
Permit No. 14



SWIM CAMP 2011

SESSION ONE

June 12-17
Ages 8 and up

SESSION TWO

June 19-24
High School Camp Ages 14-18



REGISTRATION PROCEDURE

Male and female swimmers of any ability level are welcome at camp. Camp space is available on a first come, first serve basis. Please send your registration form along with a \$100 non-refundable deposit to the address below. Upon receipt of your registration form and deposit, you will be mailed a confirmation letter.

Applications with \$100 deposit per session (made payable to "USD Swim Camp") should be submitted to:

The University of South Dakota Swim Camp
414 East Clark St., Vermillion, SD 57069

Questions should be directed to: Jason Mahowald, Head Swimming & Diving Coach, 605-677-9014 or e-mail: Jason.Mahowald@usd.edu

CAMP FEES

Fees for the 2011 USD Swim Camp are \$340 per session for resident campers. Fees cover facility use, room and board, coaching, supervision and camp t-shirt. Fees for a commuter camper are \$280 per session and includes facility use, coaching, supervision and camp t-shirt. Commuter campers would need to be dropped off at the DakotaDome each morning at 9 a.m. and picked up from the Dome at 9 p.m.

CAMP DATES

SESSION ONE: Sunday, June 12 - 17
SESSION TWO: Sunday, June 19 - 24
(High School Camp ages 14-18)

All sessions run Sunday evening through Friday morning. Check-in at 4 p.m. Sunday evening; checkout is Friday morning by 11 a.m.

INSURANCE

USD Swim Camps can not be held responsible of injuries sustained during camp. All campers must provide their own insurance. Please complete the Parental Consent portion of the registration form and return with your registration and deposit.

TRAINING SCHEDULE

Training at the USD Swim Camp focuses on both physical conditioning and superior stroke instruction and analysis. One-hour sessions focusing on swim specific dryland exercises, strength training and flexibility exercises are held daily. Two daily sessions focus specifically on technique work. Stroke drills, as well as start and turn mechanics are included along with classroom sessions for lectures. Underwater videotaping of each swimmer included.

DAILY SCHEDULE

Session One

8-8:55 a.m.	Breakfast
8:55 a.m.	Attendance at dorms
9:15-10:15 a.m.	Dry-land
10:30-11:30 a.m.	Conditioning Practice
Noon	Lunch
1:30-2:30 p.m.	Classroom Lecture
2:30-3:30 p.m.	Stroke Session/Video Session
3:30-5 p.m.	Free-time/Activities
5 p.m.	Dinner
6:25 p.m.	Attendance at dorms
6:30-8 p.m.	Filming Session/Camp Relays
8-10 p.m.	Evening Activities
10:15 p.m.	Return to Dorm rooms
10:30 p.m.	Lights Out

Session Two

7-7:55 a.m.	Breakfast
7:55 a.m.	Attendance at dorms
8:15-9:15 a.m.	Dry-land
9:30-11:30 a.m.	Conditioning Practice
Noon	Lunch
1:30-2:30 p.m.	Classroom Lecture
2:30-3:30 p.m.	Stroke Session/Video Session
3:30-5 p.m.	Free-time/Activities
5 p.m.	Dinner
6:25 p.m.	Attendance at dorms
6:30-8 p.m.	Filming Session/Camp Relays
8-10 p.m.	Evening Activities
10:15 p.m.	Return to Dorm rooms
10:30 p.m.	Lights Out

All campers are supervised during all activities.

EQUIPMENT

Campers should bring all personal swimming gear – suits, goggles, caps, plenty of towels and a combination lock. Training equipment (kickboard, fins, etc.) should be left at home. Casual clothes (t-shirts, shorts, etc.) and athletic tennis shoes are required for dryland exercises. Resident campers also need an alarm clock, bed linens, blanket or sleeping bag, personal toiletries, water bottle, plenty of comfortable shorts, t-shirts, socks, towels, sturdy athletic shoes and a pillow. For those who wear caps, write the camper's first name on the cap in block letters to help the coaches get to know the campers.

CHECKING IN & OUT

Check-in occurs on Sunday from 4-5 p.m. each week. All campers will check out by 11 a.m. on Friday. Campers will be supervised until they are checked out.

SUPERVISION

Experienced and mature male and female coaches/counselors provide 24-hour supervision for all swimmers. Counselors are members of the USD Swimming & Diving team.

EXTRACURRICULAR ACTIVITIES

Planned recreational activities are available Monday-Thursday after the evening stroke session. Activities may include scavenger hunt, pizza & movie night, tie-dye t-shirt night, ultimate frisbee and other activities.

If you are a person with a disability and need a special accommodation to fully participate in any University activity or event, please contact Disability Services at 605-677-6389 as soon as possible, but no later than 48 hours before the event, so that appropriate arrangements may be made.

The University of South Dakota is an equal opportunity, affirmative action institution committed to increasing the diversity of its faculty, staff and students.



SWIM CAMP APPLICATION

Please Print

Name _____

Address _____

City _____

State _____ Zip _____

Swimmers Best 100 Free Time _____

Age _____ M _____ F _____ Grade (Fall 2010) _____

Parents _____

Adult Camp T-Shirt Size:

Small Medium Large XL XXL

Friends I would like to be grouped with:

Swim Camps and The University of South Dakota cannot be responsible for injuries sustained at camp. All campers must carry their own insurance. Please complete the Parental Consent Form on the reverse side of this form before mailing application. The Parental Consent Form must be completed in order to attend camp.

Please check the appropriate boxes:

- SESSION ONE
Sunday, June 12 - 17
- SESSION TWO
Sunday, June 19 - 24
(High School Camp ages 14-18)

Send application with camp fee to:
The University of South Dakota Swim Camps
414 East Clark Street
Vermillion, SD 57069-2390