

DRAGON DIVING CAMPS

AUGUST 6–10, 2012

Limited to divers with high school experience only or by special permission from the coaching staff. Please contact us if you have questions.

Open to boys and girls ages 13 through incoming high school seniors.

Divers will work on all five categories and will improve their 1-meter skills, experience 3-meter diving and extensive trampoline and dryland training. Register early to ensure your spot this summer. Resident campers may check in Sunday, August 5.

TYPICAL SCHEDULE:

- 8:00 a.m. Board Session Group 1 & Dryland Group 2
- 9:30 a.m. Snack/Break
- 10:00 a.m. Board Session Group 2 & Dryland Group 1
- 12:00 p.m. Lunch/Discussion
- 1:15 p.m. Board Session Group 1 & Tramp/Abs Group 2
- 2:45 p.m. Snack
- 3:00 p.m. Board Session Group 2 & Tramp/Abs Group 1
- 4:30 p.m. Group Game
- 5:00 p.m. Commuters Dismissed
- 6:00 p.m. Dinner for Residents

CAMP FEE:

- Resident (Overnight, All Meals).....\$375
- Commuter (Includes Lunch).....\$275
- Commuter (No Meals) \$250

MEET THE COACHES



TODD PETERS has been the Minnesota State University Moorhead head swimming and diving coach since the program's inception in 1997. Prior to that, Coach Peters guided high school programs at Fargo South and Moorhead where he coached state champions in both Minnesota and North Dakota.

Peters has also coached club programs in Moorhead and West Fargo.

Coach Peters strives to offer a swimming and diving experience profoundly different from others, promoting a total team concept and integrating swimmers and divers whenever possible. Quality swimming and diving, with an intense emphasis on proper technique, is the foundation that all other components are built upon. Conditioning becomes an integral part of the equation after each swimmer and diver has learned how to analyze their techniques and improve their abilities and efficiency. Dragon swimmers have become known for their superior strokes and fast starts and turns, while Dragon Divers learn to both finesse and muscle their way to successful dives.

Coach Peters' expertise has become well-known in the region as he has been a featured speaker at the Upper Midwest Swim Coaches' Clinic, the National Aquatic Institute, and twice at the North Dakota High School Coaching Clinic. Peters has also been a camp clinician at high schools and colleges in South Dakota and Minnesota. Coach Peters is currently the diving representative on the NCAA Division II Swimming and Diving Rules Committee and he holds a Mechanical Engineering degree from NDSU and a Masters in Business Administration from Minnesota State University Moorhead. Peters has also achieved American Swim Coaches Association Level 3 certification. This certification level is attained by only 15% of the swim coaching population.

BOBBI JO KOONS has been the assistant swim coach for the Detroit Lakes school district since 2004, primarily focusing on diving. She also voluntarily coaches diving for the Perham school district. During this time frame, Bobbi Jo has coached several athletes to the top eight at the Minnesota State Meet, including the 2011 state champion. Bobbi is also involved with the Detroit Lakes Community and Cultural Center with multiple age groups with diving lessons. This is her fourth year assisting the MSUM diving camp.

MAIRIN JAMESON was the 2009 North Dakota State High School diving champion and is in her second year of college diving at Division I Idaho. Mairin also finished top six at the North Dakota State Meet throughout her high school career and achieved gymnastics level 8. This will be Mairin's second year coaching the MSUM diving camp.



DIVING CAMP REGISTRATION

Camper's Name _____

Street Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age _____ Grade Fall '12 _____

Club Teams Associated With _____

Parent/Guardian Name(s) _____

Home Phone _____ Cell Phone _____

Male Female

T-shirt size: S M L XL

DIVING CAMP ► AUGUST 6–10, 2012

- Resident \$375
- Commuter (Lunch) \$275
- Commuter (No Lunch) \$250

Registration total \$ _____

PAYMENT INFORMATION

Visa Mastercard Discover

Card Number _____ Expiration Date _____

Name as Printed on Card Signature _____

OR: Mail your check for the full amount

You can also register on-line at:

WWW.DRAGONSWIMMINGCAMPS.COM

OR WWW.MNSTATE.EDU/SWIM

If you have any questions please contact:
Assistant Coach Amy Roness
218.477.2313 ► ronessam@mnstate.edu



PARENT/GUARDIAN WAIVER

Student/Swimmer's Name _____

As the parent of guardian of the minor registering for this MSUM Swimming & Diving Camp, I consent to his/her participation and I understand and agree to the following:

1. My child is healthy and physically capable of fully participating in all aspects of the camp.
2. My child has sufficient health insurance to cover her/him during her/his participation in the program.
3. I understand that MSUM does not provide insurance for program participants.
4. I hereby release and discharge MSUM and its regents, officers, employees, agents, successors and assigns on behalf of me any my legal representatives, heirs, successors and assigns from any and all claims, liabilities and costs which I or any of my legal representatives, heirs, successors and assigns may claim to have relating to or arising from my child's injury, illness or death.
5. I agree to indemnify, defend and hold harmless MSUM and its regents, officers, employees, agents, successors and assigns from any and all claims, liabilities and costs asserted by or on behalf of my child or any of my child's legal representatives, heirs, successors and assigns, relating to or arising from my child's participation in the program, including and without limitation to my child's injury, illness and death.

Please tell us if your child has any medical conditions, including reactions to prescription medication or allergies of which we should be aware:

Health Insurance Provider: _____

Policy Number: _____

Name of Policy Holder: _____

EMERGENCY CONTACT (IF PARENTS CAN'T BE REACHED)

Name(s): _____

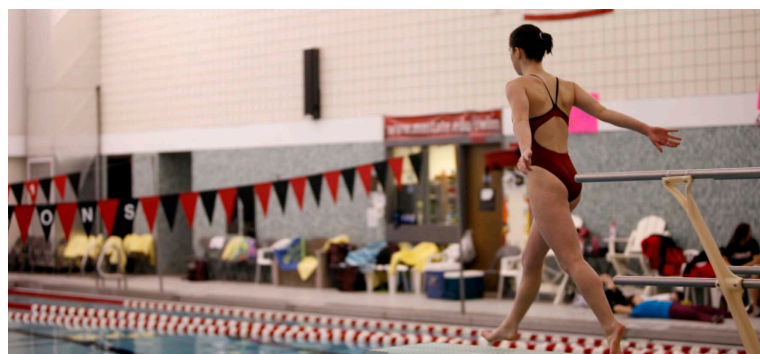
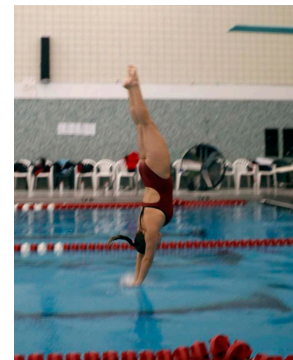
Phone: _____

Relation: _____

I have read this waiver and I understand and agree to be bound by the provisions herein.

Signature _____

Date _____



DRAGON DIVING CAMPS

Minnesota State University Moorhead offers affordable Swimming and Diving camps for athletes who strive to reach the next level.

WHY ARE DRAGON DIVING CAMPS SPECIAL?

Each camp ends with a meet. The diving camp ends with a six dive competition on the 1 meter board.

Divers will work on all five categories and will improve their 1-meter skills. They will also experience 3-meter diving and extensive trampoline and dryland training.

Our camps are coached by our experienced staff along with members of the Dragon Swimming and Diving team, including multiple NCAA Division II National qualifiers.



Minnesota State University Moorhead is an equal opportunity educator and employer and is a member of the Minnesota State Colleges and Universities System. This information will be made available in alternate format upon request by contacting Disability Services at 218.477.4318 (voice) or 1.800.627.3529 (MRS/TTY).



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