

Registration Form

Name: _____

Age: _____

Grade: _____

Address: _____

City/State/Zip: _____

Email: _____

Parent's Name: _____

Home/Cell Phone: _____

T-shirt Size: YL S M L XL XXL

Redbird Swim Camp Cost:

(price includes instruction insurance & camp t-shirt)

◇ Resident Camp - \$425.00

◇ Commuter Camp - \$335.00

** A deposit of \$200.00 due at time of registration**

Payment amount enclosed \$ _____

Please make checks payable to Redbird Aquatics

detach and return with payment

detach and return with payment

detach and return with payment

Coaching Staff

Scott Cameron - Head Swimming Coach



Scott Cameron is in his second season as head coach of the Illinois State women's swimming team. During his time at Illinois State, the program has produced 100's of lift time best swims, multiple school records, and a NCAA B standard

time. Scott has also worked as an Assistant Swim Coach at the University of Idaho and as the Director of Operations and a Volunteer Assistant Coach at the University of Michigan. In addition, Scott has coaching experience at the club level working with Club Wolverine, based in Ann Arbor, Michigan, from 2008 to 2012. He worked with swimmers of all ages at the club level, including Olympic athletes who competed for the United States, China, Trinidad and Tobago, Barbados, Ireland and Serbia.

Paige Conrad - Assistant Swim Coach



Conrad brings a wealth of knowledge and experience to the Illinois State University Women's Swim and Dive program. As well as being a former Division I swimmer who competed at the University of Idaho, she has also

had multiple experiences with working with people of all ages within highly competitive institutions such as Swim MAC in the Carolinas and being a coach at the University of Michigan Swim Camps for the past three summers.

Illinois State University Student-Athletes

The members of the Redbird Swim and Dive Team will be involved in the camp to make the experience both more personable and enjoyable.

Redbird Swim Camp 2017

June 25th—28th

Technique Swim Camp

(competitive swimming experience recommended)

Ages 10-18



Instruction will be at

Horton Pool

on the Illinois State University campus



"Our goal for each swimmer is to gain a better understanding of stroke mechanics and technique while having fun. For younger swimmers our goal is to encourage them so they reach the next level in swimming."

Why you'll love the Redbird Swim Camp...

- **Improve your stroke, starts, and turn technique**
- **Maximum of 1:3 coach to swimmer ratio**
- **Core balance and stroke efficiency emphasized**
- **Individual underwater video critique by coaching staff**
- **Visual footage of elite athletes**
- **Gain self-confidence through swim success**
- **Experience Redbird atmosphere**
- **Have fun**

Technique Swim Camp Description/ Requirement:

This technique driven camp is designed to help develop swimmers stroke mechanics. Illinois State Swimmers will be leading the instruction of drills under the guidance of Cameron and Conrad. Each session will have a specific work focus covering all four strokes by the end of camp. See schedule for more details. Available to swimmers ages 10-18.

Male and female swimmers of any ability level are welcome. It is recommended, but not required, that swimmers have competitive experience prior to attending.

Redbird Swim Camp:

Sunday Session : June 25th

- 4:45 - 5:45 PM Registration/Check-in
- 7- 9 PM Individual Filming/Intro to Floating

Monday Sessions: June 26th

- Morning: Butterfly 9 - 11 AM
- Afternoon: Breaststroke 2 - 4PM
- Night: Video Review/Dryland 6 - 8 PM

Tuesday Sessions: June 27th

- Morning: Backstroke 9 - 11 PM
- Afternoon: Freestyle 2 - 4 PM
- Night: Video Review/Dryland 6 - 8 PM

Wednesday Session: June 28th

- Morning: Swim Meet/Rap-up 9 AM



Illinois State University formally reiterates and reaffirms its commitment to the principles of equal opportunity, affirmative action and diversity. Discrimination based upon race, color, religion, sex, national origin, age, disability, or veteran's status is a violation of federal and state law and university policy and will not be tolerated.

If you need a special accommodation to fully participate in this program/event, or require special dietary needs, please contact Laurie Retzer, ISU Swimming at 309-438-3633. Please allow sufficient time to arrange the accommodation.

This document is available in alternative formats upon request by contacting Laurie Retzer, ISU Swimming at 309-438-3633.

Illinois State University camps and clinics are open to any and all entrants, in accordance with the NCAA camps and clinics legislation

General Information

Registration:

Registering for camp is easy. Just log-on to the web-site www.illinoisstatesportcamp.com to both register for the camp and housing. Note that there will be a \$35 increase if not registered two weeks prior to the camps starting date; June 11th, 2017.

*** A \$200.00 deposit is due at the time of registration.***

Or to pay with cash or check simply fill out the attached registration form and mail, along with payment to:

Redbird Swim Camp
Campus Box 7130
Normal IL, 61790-7130
Fax Number: 309-438-3597

Registration Deadlines:

Registration will be accepted up until the camps start date. Again please note that a \$35 dollar increase per day will be added to your cost if not registered two weeks prior to the camps start date: June 11th, 2017.

Cancellation/Refunds:

Refunds will be given in the event of an emergency. In all other situations, swimmers who are unable to attend will be given a chance to change the date one weekday prior to camps start date.

Facilities:

The Horton Pool, located at the west end of the Horton complex.

More Information:

If you have any questions, please contact:

- Head Coach Scott Cameron at (734)306-7688
- Assistant Coach Paige Conrad at (803)487-3360

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