

## COST

### CAMP FEES

\$375 for first member of the family, \$350 for additional family members **IF REGISTERED AND PAID IN FULL BY April 15, 2016**. \$390/\$365 for all registrations after April 15, 2016. Day Campers cost is \$350.

### GROUP RATE

\$350 for teams of 10 or more **IF REGISTERED BY MAIL AND PAID IN FULL BY MARCH 13, 2016**. **ALL** applications **MUST** be sent together **AND** all members of team **MUST** attend the **SAME** week. After April 15, team rate is \$375.

### HEALTH SERVICES

Any health concerns or issues can be addressed by calling the Health Center at 724-938-4509.

### HOUSING

All campers, as well as the staff, will be housed in college residence halls. Entry doors are locked and secured 24 hours a day. Campers must use their key to gain access to the residence halls. Pillow and linens are not provided.

### LOST KEY POLICY



Campers who do not turn in their room key at camp dismissal will be charged the lock change fee of \$50-\$240 payable at departure. For security reasons, lock changes must be made immediately before the next group arrives. Mailing keys in after check out is not acceptable. There will be no exceptions.

### RECOMMENDED EQUIPMENT

Each camper should bring:

Suits, towels, cap(s), goggles, bed linens, water bottle, personal hygiene items, pillow, notepad and pencils

Women 100 Breast				0.0
Finals				
13	Rumiantseva, CBU	00:33.88	1:02.38	
24	Demarek, E LU	00:32.94	1:02.74	
36	Rademacher, POST	00:33.45	1:02.32	
41	Matthews, R LYNN	00:33.45	1:01.03	
50	Arsanbriht, CALU	00:33.90	1:02.35	
67	Potsieter, T LYNN	00:33.18	1:03.31	
70	Sechena, M NMU	00:33.11	1:03.03	
85	Loesch, H WAYN	00:33.04	1:02.89	
EVENT 25 HEAT 2 RECORD TIME				1:00.66

## DIRECTIONS



### From the East

(Harrisburg, Philadelphia)

PA Turnpike to New Stanton, Exit #8 Interstate 70 West to Exit 37A (Toll Road 43 South)

### From the North (Erie, Pittsburgh)

Interstate 79 South to Interstate 70 East Interstate 70 East to Exit 37A (Toll Road 43 South)

### From the South East

(Baltimore MD, Washington DC)

Interstate 70 West to PA Turnpike West to New Stanton, Exit #8 Interstate 70 West to Exit 37A (Toll Road 43 South)

### From the West, South West

(Ohio, West Virginia)

Interstate 70 East to Exit 37A (Toll Road 43 South)

### From Toll Road 43 South

Take the California Exit (bear right at end of exit). Stay straight toward Wood Street, follow Wood Street down to intersection at Third Street (at stop light). At the stop light, turn right onto Third Street and follow straight onto campus.

California University  
of Pennsylvania  
Department of Athletics  
250 University Avenue  
California, PA 15419



# Vulcan Swim Camp



## 2016 Vulcan Swim Camp



### Camp Sessions:

Camp 1: May 29 - June 3, 2016\*

Camp 2: June 5 - 10, 2016

Camp 3: June 12 - 17, 2016

Camp 4: June 19 - 24, 2016

Camp 5: June 26-July 1, 2016\*

**Ages 8-18**

California University of Pennsylvania

# REGISTRATION APPLICATION

## CAL U SWIM CAMPS

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail \_\_\_\_\_

Home Phone \_\_\_\_\_

Age \_\_\_\_\_ Grade in fall of 2016 \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Current Team / School \_\_\_\_\_

Roommate \_\_\_\_\_

T-Shirt Size (Adult Sizes) \_\_\_\_\_

### Check one:

☐ Overnight ☐ Commuter

### Check box(s) that apply:

☐ Camp 1 May 29-June 3, 2016\*

☐ Camp 2 June 5-10, 2016

☐ Camp 3 June 12-17, 2016

☐ Camp 4 June 19-24, 2016

☐ Camp 5 June 26-July 1, 2016\*

\* Subject to cancellation depending upon number of registered campers

Name of Parent/Guardian \_\_\_\_\_

Emergency Phone No. \_\_\_\_\_

Please enroll my son/daughter in the 2016 California University of PA Swim Camp. It is understood that neither California University of PA, the camp directors, nor anyone connected with the camp will assume any responsibilities for injuries, medical, dental or any other expenses incurred as a result of accident or loss of personal property.

\_\_\_\_\_  
Signature of Parent or Guardian

A non refundable deposit of \$100 is required with each check application by May 1, 2016. This amount is subtracted from the total fee. The balance will be due by May 15, 2016. After May 15, 2016 payment is made in full, space permitting.

### Preferred Method of Payment:

Go To: [www.calvulcans.com](http://www.calvulcans.com) and follow the camps tab.  
(Only accepts full camp fees)

### Checks Payable To:

California University of PA (Swimming)

Mail the application and check to:

Jenni Morrison, Department of Athletics

California University of Pennsylvania

250 University Avenue

California, PA 15419



# CALIFORNIA UNIVERSITY OF PA SUMMER SPORTS CAMPS



## CAMP PROGRAM

Cal U invites you to join us for the 15th Annual Vulcan Swim Camp. With program changes from last year combined with a slightly new format this year, Vulcan Swim

Camp promises to be even more successful.

Each camper will be filmed underwater using the **Power Cam™**, and the videotape analyzed with the **Studio Sketch™** video equipment and be given a DVD of themselves with audio and on-screen comments and suggestions included at no extra cost. The skills, drills and technique tips you will learn will help you succeed in the water like never before.

Campers will be in the water 3 times each day. An optional morning workout will be offered for those who want the extra work each day. A special award will be given to those campers who attend each optional morning workout!

Campers will also be introduced to flexibility, abdominal, and core strength exercises through in-water and dry-land training sessions. Guest lectures will discuss topics such as principles of training and conditioning, nutrition, sports psychology and academic awareness issues.

Camp Size limited to 43 campers per week.



For more information:

[www.calvulcans.com](http://www.calvulcans.com)

[denny@calu.edu](mailto:denny@calu.edu)

Swimming Office: 724-938-4328

## GENERAL CAMP INFORMATION

1. Camp check-in on May 29, June 5, 12, 19, and 26 is between 2:00 and 4:00 p.m. A general information meeting for campers parents will be held at 4:30 p.m.

2. Check-out on June 3, 10, 17, 24, and July 1 is after the morning pool session.

3. The first pool session for each week will be at 7:30 PM

4. Campers will be supervised 24 hours a day by camp staff.

5. As per university regulations, only two campers can be placed per room. Roommate requests will be honored provided each camper lists the other camper on the application.

6. A short list of camp rules will be distributed at the camp meeting. It is the camp director's decision to dismiss a camper if his/her behavior or actions are detrimental to the welfare of the camp. No refunds will be issued in such instances.

7. Roommate requests will be honored if both campers request each other. Room assignments are done solely at camp director's discretion.

8. Required Forms can be found online:

[www.calvulcans.com](http://www.calvulcans.com)

Choose the **CAMPS** link found at the top of the page

- Parental Permission Form for persons under 18 years of age which includes a health physical
- Informed consent release and assumption of risk for all performers

## TENTATIVE DAILY SCHEDULE

7:00 a.m..... Wake up  
7:45 a.m..... Breakfast  
8:45 - 9:15 a.m. Classroom Session - Stroke of the Day  
9:30 - 11:30 a.m.... Pool Session # 1 Stroke Breakdown  
1:45 - 2:30 p.m. .... Specialty Group on Deck  
2:30 - 4:45 p.m. .... Pool Session #2 Stroke Review/  
..... Starts & Turns  
5:15 - 6:45 p.m. .... Dinner & Rest & Personal Time  
7:00 - 8:45 p.m. . Pool Session #3 Aquatic Performance  
.....Skills/Fun Activities  
9:00 - 10:15 p.m. .... Free Time  
10:30 p.m..... Lights Out

## STAFF

California University is proud of the excellent staff that brings first rate instruction to our campers.

Led by Coach Ed Denny, the staff includes Scott Hunsinger, Nikki Rose, Michelle Rowles, and and other local college, high school and club coaches,

