

NMU Competitive 2012 Aquatic Camps



Please check one: Swim Camp Dive Camp

Name: Last _____ First _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: Home: _____ Work/Cell: _____

Age: _____ Grade as of September 2012: _____ Date of Birth: _____

Adult T-shirt Size (please circle one): XS S M L XL

Parent/Guardian Name: _____

E-mail Address: _____
(Used for confirmation and camp information)

Health Insurance Carrier/Policy Number: _____

Restricted Activities: _____

Known Drug Allergies: _____

Medical Conditions: _____
(i.e. diabetes, asthma, cardiac conditions)

Medications: _____

Authorization: I consider the aquatic camp registrant above to be in good health and permission is granted to participate in all summer program activities, unless otherwise indicated on this form. In case of illness and/or injury, permission is granted for medical treatment to be rendered to my son/daughter. I understand that I will be notified in case of serious illness. All medical bills incurred by my son/daughter will be my responsibility.

Parent Signature: _____ Date: _____

Complete registration form with payment. Please note: **Full payment is required upon registration.**
Make check or money order payable to: Northern Michigan University.

CREDIT CARD HOLDERS ONLY: *(We do not accept American Express)*

Card # _____ 3 digit code _____ Exp. Date _____

Amount \$ _____ Print Name: _____

Signature _____

Paid _____ Date _____ Method _____ Confirm _____

Wildcat Competitive Swim or Dive Camp July 15 - 19

Facility: PEIF Pool, located in the PEIF Building on the campus of NMU between the Superior Dome and the Berry Events Center.

For a map of campus, visit:
<http://webb.nmu.edu/SiteSections/Map/CampusMap.shtml>

Day Camp (Commuter) Fee: \$250
Overnight (Resident) Fee: \$375

Registration Deadline: One week prior to the start of camp.

Check in: Sunday, July 15
3:00 p.m. for residents at the dorms
4:00 p.m. for commuters at the PEIF pool

Check out: Thursday, July 19
5:00 p.m. for commuters at the PEIF pool
5:30 p.m. for residents at the dorms



What NMU Aquatic Camps provide:

- **Swim Campers:** All 4 stroke progressions and drills, starts and turns and a NMU swim camp cap
- **Dive Campers:** Progressions, skills and techniques for spinning and twisting dives, plus trampoline and water belt spotting
- Dryland training
- Competitive mental training
- Classroom "coach" talk
- Camp T-shirt
- Notes packet
- Video

Director of Dive Camp



Kyle Bogner enters his first year as the graduate assistant diving coach. Bogner recently coached at Mile High Dive Club (2005-10) where he had five divers qualify for the 2010 AAU Nationals in springboards and platform.

During the 2011 summer Bogner coached at the University of Texas Longhorn diving camp. He served as a counselor of the camp during 2010.

Bogner graduated from the University of Wyoming in 2011 with a degree in communications. He competed on the swimming and diving team from 2007-11. He is the team and Mountain West Conference record holder for the 1-meter dive (403.20). During the 2007-08 season, he was named the University of Wyoming diver of the year. He was a member of the all-conference team for the 1-meter, 3-meter, platform for 2007-08 and 2008-09 seasons. In 2008-09, Bogner was also a conference runner up in the 1-meter dive.



Director of Swim Camp



Heidi Voigt is entering her second season as head coach of the swimming and diving team. She spent two seasons (2008-10) as an assistant coach at New Mexico State working with the distance freestyle group, arranging team travel and handling administration duties.

During the 2009-10 season she helped direct the Aggies to a program-best second -place showing at the Western Athletic Conference (WAC) Championships with 494 points.

Voigt joined the Aggies after five seasons at Wyoming (2003-08). She spent her first two years at Wyoming as the graduate assistant with the men's and women's programs and the last three as the assistant coach. Voigt produced 25 men and 30 women to all-league honors during her time as a graduate assistant.

Prior to her stint at Wyoming she was a high school and age group coach in Seattle and Montana. Voigt was named the age group coach of the year for the state of Montana in 2002.

She graduated from the University of Washington in 1996, with a bachelor's degree in athletic training, where she was a team captain. While swimming for the Huskies, Voigt was voted the Most Inspirational Swimmer for three consecutive years. Voigt later went on to earn a master's degree in health and kinesiology from Wyoming in 2005.

Please email Heidi at hvoigt@nmu.edu if you have any questions regarding both camps.

Participants and Registration

Swimmers and divers male and female ages 6 and older are eligible for participation. Competitive experience is suggested, but not required.

Complete the registration form in this brochure. Please note that a parent/guardian signature is required. Mail completed registration form along with full payment to Northern Michigan University at the address listed on the registration form. Full payment is required upon registration and you will be sent confirmation.

Mail registration form and payment to:
Intercollegiate Athletics & Recreational Sports
1401 Presque Isle Ave.
PEIF Office 126
Marquette, MI 49855

Refund Policy

All cancellations must be received in writing, by fax or e-mail. Full refunds will be made for cancellations received at least 10 days before camp begins. Once this deadline is passed, refunds will be assessed a \$25 fee for administrative expenses. For refunds, the postmark of the cancellation letter, fax machine date stamp or e-mail date will determine the date to be used to establish the refund amount. Written requests must explain the reason for the cancellation request. Refunds for campers who leave early will be based on the cost of the number of instructional periods attended, meals and the deduction of the \$25 administration fee.

This refund policy will be strictly enforced, regardless of the reason for the cancellation or early departure. Departing campers should consult with the camp director when an early departure or cancellation is necessary.

If a camp is cancelled or postponed, the University will refund registration fees, but cannot be held responsible for any related costs, charges, or expenses including cancellation/change charges assessed by airlines or travel agencies.

All refund requests must be sent or faxed to:
Intercollegiate Athletics and Recreational Sports
1401 Presque Isle Ave.
PEIF Office 126
Marquette, MI 49855
Fax: 906-227-1694

Typical Day at NMU Camp

Sunday (Both Camps):

- 3 p.m. - Check in at dorms for residents
- 4 p.m. - Check in at PEIF pool for commuters
- 4:30 - 5 p.m. - Orientation
- 5:30 - 7:30 p.m. - #1 Water Session
 - Commuters finished
 - Residents dinner and activity

Mon - Thurs.

Swim Camp

8 a.m.

Classroom session:
Learn about the "stroke of the day" and watch video

9 - 11 a.m.

Pool Session: Practice beginning with stroke drills and technical emphasis, ending with swimmers recorded on video

11 - 11:45 a.m.

Dryland practice

11:45 a.m. - 2 p.m.

Lunch and group activity

2 - 3 p.m.

Classroom session, watch swimmers' video from that morning

Dive Camp

8 a.m.

Dryland Practice: Abs, forms and drills

9 - 11 a.m.

Diving Water Session: Trampoline, dryboard, and beltwork

11 - 11:45 a.m.

Video Analyzing

11:45 a.m. - 2 p.m.

Lunch and group activity

2 - 3 p.m.

Dryland Practice: Abs, forms and drills

Both Camps

- 3 - 5 p.m. - Pool session, commuters leave after session
- 5 - 6 p.m. - Dinner for residents
- 6 - 9 p.m. - Evening activities with counselors
- 9 p.m. - Room check / lights out

What to Bring to Camp:

Swimmers: Swimsuit, towel, goggles, exercise clothes, tennis shoes, extra swim caps, and a water bottle.

Divers: Suit, exercise clothes, tennis shoes and shammy



NMU Competitive Aquatic Camps 2012



July 15 - 19



Intercollegiate Athletics & Recreational Sports