



2011 COMPETITIVE DIVING CAMP

Dear Camper,

I am happy to inform you that you have been accepted to attend the Hartwick College Competitive Diving Camp.

- **Camp Dates: Sunday, June 26th – Friday, July 1st**
- **Registration (Residents/Commuters): Sunday, June 26th at 12:00-1:00 p.m. in Wilder Hall (Campus Map Included).**
- **HEALTH EXAMINATION FORM (INCLUDING DOCUMENTATION OF IMMUNIZATIONS AND PHYSICAL EXAMINATION WITHIN THE PAST YEAR) AND MEDICATION SHEET MUST BE SUBMITTED ONE WEEK PRIOR TO YOUR ARRIVAL TO CAMP.**
- **ANY HEALTH RELATED DOCUMENTS AND/OR MEDICATIONS (PRESCRIPTION OR OVER-THE-COUNTER) MUST BE DROPPED OFF AT THE PERRELLA WELLNESS CENTER PRIOR TO REPORTING FOR REGISTRATION.**
- **AAU Diver/Athlete membership is required. If not a current member, a \$20 membership fee must be paid at the opening session. Campers who are AAU members are asked to bring their membership card to the opening session.**
- **FULL PAYMENT is due on or before registration.**
- **Camp Ends: Friday, July 1st ... arrangements should be made to leave after the camp ceremony at 12:00 noon.**

Daily Schedule

6:30 AM -7:30 AM	Practice (Optional)
7:30 AM - 8:30 AM	Breakfast
8:30 AM	Commuters Arrive
8:30 AM - 9:30 AM	Announcements/Warm-up/Training/Coaches' Lecture
9:30 AM - 11:30 AM	Drills/Individual Instruction/Dive Tech. /Videotaping
11:30 AM - 1:30 PM	Lunch/Games/Activities
1:30 PM - 1:45 PM	Technique/Drills
1:45 PM - 3:30 PM	Review Videotapes/ Lecture/Drills/Dive Corrections
3:30 PM - 4:30 PM	Specialty Groups
4:30 PM - 5:30PM	Dinner
5:30 PM- 7:00 PM	Special Games and Activities
7:00 PM- 9:00 PM	Training Session in pool
9:00 PM	Commuters Depart
9:00 PM- 10:00 PM	Dorm Activity
10:30 PM	Lights Out

We are looking forward to seeing you at camp this summer. If you have any questions, please do not hesitate to contact me.

Dale Rothenberger
Camp Director
607-431-4714
rothenberged@hartwick.edu

P.S. You may also contact the Summer Sports Camps Office 607-431-7000

COMPETITIVE DIVE CAMP CHECKLIST

CAMPER'S CHECKLIST - RECOMMENDED ITEMS:

NOTE: some items listed below are specific to resident campers only

- | | |
|---|--|
| <input type="checkbox"/> BATHING SUITS, FLIP-FLOPS OR SANDALS
(and any additional dive equipment you may want to bring) | <input type="checkbox"/> AAU Diving membership card |
| <input type="checkbox"/> PERSONAL WATER BOTTLE – mandatory item | <input type="checkbox"/> cell phone |
| <input type="checkbox"/> COMBINATION LOCK – mandatory item | <input type="checkbox"/> ear plugs (wax) |
| <input type="checkbox"/> sneakers | <input type="checkbox"/> soap |
| <input type="checkbox"/> sweat socks | <input type="checkbox"/> shampoo |
| <input type="checkbox"/> gym shorts | <input type="checkbox"/> toothpaste/toothbrush |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> brush/comb |
| <input type="checkbox"/> sweatpants | <input type="checkbox"/> window screen |
| <input type="checkbox"/> light jacket | <input type="checkbox"/> fan |
| <input type="checkbox"/> towels / sammy | <input type="checkbox"/> sheets, pillows/blankets |
| <input type="checkbox"/> pen & pencil | <input type="checkbox"/> small clock |
| <input type="checkbox"/> laundry bag | <input type="checkbox"/> favorite music |
| <input type="checkbox"/> umbrella and/or raincoat | <input type="checkbox"/> talent show ideas and items |
| <input type="checkbox"/> Home Coaches Questionnaire | <input type="checkbox"/> change for phone calls, vending machines |

We will have a dive camp store open at registration, throughout the week and at the conclusion of camp (sammys, goggles, caps, suits etc.)

We recommend that you do not bring radios, "boom boxes", jewelry, or other valuable items. We cannot assume liability for loss of such items. Each resident camper will have a key to his/her room. We have a talent show each week, so you may want to bring certain items for this activity. We can lock these items in any coach's room. Campers are encouraged to mark clothes, swimming suits, towels, goggles, etc. to identify their own from others. If you have any questions, please do not hesitate to contact the Summer Sports Camp Office at 607-431-7000.

HARTWICK COLLEGE

2011 SUMMER DIVING CAMP

PLEASE RETURN THIS FORM IMMEDIATELY UPON RECEIPT OF THIS LETTER!

Please fill out information requested below:

Name: _____

Hometown: _____

Age: _____

School/High School: _____

Dives Performed on 1 Meter: _____

Dives Performed on 3 Meter: _____

Total Years of Competitive Experience: _____

U.S. Diving Team Name _____

Diver (Dives) 1 Meter Scores _____

3 Meter Scores _____

Gymnastics Background _____

PLEASE RETURN THIS FORM IMMEDIATELY TO:

*Hartwick College
Summer Sports Camps
PO Box 4020
Oneonta, NY 13820*

HARTWICK COLLEGE

DIVE CAMP

Name of Diver: _____

Name of Coach: _____

Team: _____

HOME COACH'S QUESTIONNAIRE

My coaching staff and I are looking forward to working with your diver for a week at our diving camp. Our main objectives are to reinforce what you have already taught your divers and to use the amount of time we have on the boards, as well as the small coach/diver ratio to correct "trouble spots" of the divers. I hope you will take a moment to write down one or more items on which you would like us to concentrate with your diver, i.e approach, board work, board ride, flight, positions, etc. Of course we do not have all the magical cure-alls, but we will do our best. Thanks!

Dale Rothenberger

(1) _____

(2) _____

(3) _____

(4) _____

*** Please provide best dives for your diver:

Inwards Twisters Back Forward Reverse Somersault Optionals

*** Please provide sizes for your diver below (Adult Sizes): Prizes!

T-shirt _____ shorts _____ swimsuit _____