

1995 FIGHTING SCOTS SWIMMING CAMP



JUNE 4 - JUNE 9
JUNE 11 - JUNE 16
JUNE 18 - JUNE 23
JUNE 25 - JUNE 30
JULY 2 - JULY 7

EDINBORO UNIVERSITY
Edinboro, Pennsylvania

CAMP DIRECTORS
KENWYN CHOCK
ED ERDOS

HEAD COACH KENWYN CHOCK

Coach Kenwyn Chock has been coaching the past 18 years USS Age-Group Swimming in the Pennsylvania, Ohio, and New Jersey area. ASCA level 4 Coaching Certification. Kenwyn has coached many senior level swimmers. Kenwyn's most recent senior swimmer was named "Rookie of the Meet" at the Spring Phillip 66 Senior National Meet in Nashville, Tennessee. Kenwyn also coached the top high school Ohio male swimmer 1992-1994. She was named Ohio high school swimming coach of the year. Kenwyn became the head men's and women's coach at Edinboro in 1995.

ED ERDOS

Head coach at Edinboro from 1971-1986. PSAC coach of the year twice. Inducted into the Edinboro University Hall of Fame 1992. Has many contributions to the sport of swimming at Edinboro University.

SWIMMING CAMP

Stroke Development

June 4 - June 9
June 11 - June 16
June 18 - June 23
June 25 - June 30
July 2 - July 7

Elite Camp

June 4 - June 9
June 11 - June 16
June 18 - June 23
June 25 - June 30
July 2 - July 7

Fees: Stroke Development and Elite Camp

\$200.00 per week session, \$10.00 discount each additional family member, \$70.00 registration deposit.

ELIGIBILITY

Stroke Development Camp

Anyone with competitive swimming experience in a USS club, school team, summer club, YMCA, country club, or other organizations.

Elite Camp

Any boy or girl who has participated in a moderate-to-intense yardage program who would like to maintain this training level while improving stroke technique.

GENERAL INFORMATION

1. Girls and boys ranging from 10-18 years of age.
2. Campers will be assigned according to preferences listed on application. Be sure to number first, second, and third choice on the line next to each week.

FEEES

\$200.00/\$10.00 Discount Additional Members of Family

This fee includes the camper's housing (University dormitories with a roommate), meals (all served at the Van Houten Dining Hall), camp T-shirt, video tape, and awards.

CAMP STAFF

All counselors will be certified in basic lifeguarding, first-aid, and CPR. This year's staff includes prominent college and high school swim team coaches. All swimmers will be under continual supervision by the camp staff and also University staff.

PLEASE PRINT

APPLICATION: FIGHTING SCOTS SWIMMING CAMP

Name _____ Sex _____ Age _____
Address _____ Street _____ City _____ State _____ Zip _____
Coach _____ Team Name _____
Roommate Preferred (one) _____ Grade Entering _____ Ht. _____ Wt. _____ T-Shirt Size (Adult) _____
Name of Parent/Guardian _____
Address _____ Street _____ City _____ State _____ Zip _____
Home Phone (_____) _____ Business Phone (_____) _____
Please Check Camp _____ Stroke Development _____ Elite Camp _____
Please Number Week(s) _____ June 4-9 _____ June 11-16 _____ June 18-23 _____ June 25-30 _____ July 2-7 _____
PARENT/GUARDIAN AUTHORIZATION: My son/daughter had a recent physical examination and is physically able to participate in all camp activities. I relieve the director and Edinboro University of Pennsylvania of any responsibility should any accident occur. I give my consent for the Edinboro trainers and doctors to treat my child in case of illness or injuries.

Signature of Parent/Guardian _____ Date _____

CAMP GOALS

Stroke Development Camp

1. To provide instruction and analysis of the mechanics of the four competitive strokes.
2. To provide instruction on starts and turns.
3. To provide each swimmer with a surface and underwater video tape analysis of his or her strokes and turns.
4. To inform swimmers in the area of proper diet and nutrition, weight training, and flexibility.
5. Special sessions on how to develop pace for distance and individual medley events.
6. Stimulate a desire to set goals, develop direction and have purpose in mind while training.
7. Provide opportunities for enjoyment both in the pool and at our recreational facilities.

Elite Development Camp

8. To provide two strenuous workouts per day.

CAMP AWARDS

Every camper receives a souvenir T-shirt. Individual awards will also be given for attitude, improvement, and technique for both boys and girls.

LOCATION

Edinboro University is located in the northwest corner of Pennsylvania. Approximately 20 miles south of Erie. The resort town of Edinboro is within 100 miles of Cleveland, Buffalo and Pittsburgh. Very accessible from interstates 90, 80 and 79.

FURTHER INFORMATION

Kenwyn Chock, camp director
 McComb Fieldhouse
 Edinboro University of Pennsylvania
 Edinboro, PA 16444
 Office: (814) 732-2584

Feel free to copy the application.

INSURANCE AND WITHDRAWAL INFORMATION

A camper is admitted only upon the expressed condition that he or she has accident insurance (Blue Cross, Blue Shield, or the equivalent) and that they remain until the end of the session, unless suspended for misconduct or breach of discipline.

Type of Insurance _____

Policy # _____

Financial Information

To confirm registration and reserve a place in camp send this application and a \$70.00 deposit to:

Kenwyn Chock, camp director
 McComb Fieldhouse
 Edinboro University of Pennsylvania
 Edinboro, PA 16444

Fee (\$200.00)	\$ _____
Less Additional Family Discount	\$ _____
Less Deposit	\$ _____
	- 70.00
Balance Due at Registration	\$ _____

Make checks payable to: Edinboro Learn to Swim

Refunds will be given, provided Coach Chock receives notification one week prior to the beginning of camp.