

CAMP SCHEDULE

Session I: June 15-19
 Session II: June 22-26

Each session runs Monday through Friday, from 9 a.m. to 3 p.m. Campers should bring their lunch or money for lunch. They will eat at Houston Market, a food court on Penn's campus located at 34th and Spruce Streets.

Quaker Swim Campers will learn proper swimming technique and current skills from collegiate-level coaches and staff. Campers will train and complete conditioning workouts, as well as play games and get to know other campers. Campers will also listen to coaches and current collegiate swimmers talk about such topics as nutrition, cross-training, goals, and motivation. Campers will receive a Quaker Swim Camp t-shirt, a swim cap and a personal swimming DVD.

A TYPICAL DAY AT CAMP

9 a.m. Roll Call
 9-9:15 a.m. Stretching
 9:15-11 a.m. Warm-up & Practice
 11:15 a.m.-12:30 p.m. Lunch at Houston Market
 12:30-1:30 p.m. Games on Hill Field or at Pottruck Gymnasium
 1:30-2:30 p.m. Video Taping and Stroke Technique Stations
 2:30-3 p.m. Swimming Talk (e.g. nutrition, motivation)

FEES AND INFORMATION

- The fee is \$375 per one week session for the competitive camp and \$400 for the beginner camp, which includes an official Quaker Swim Camp t-shirt, a swim cap and personal swimming DVD with comments and suggestions from the coaching staff. *For two or more campers from the same family, the fee is \$325 per camper.
- Please fill out the attached registration and parental consent form and send a registration fee of \$100 per camper by May 1, 2009.
- Space is very limited, and is only guaranteed with payment of registration fee.
- All registration fees are non-refundable.
- Checks should be made payable to Quaker Swim Camp.
- This year we are adding a Learn to Swim component designed for beginner swimmers with a 4:1 Swimmer to Coach ratio.
- Campers for the competitive camp should be capable of finishing a 200 freestyle (8 laps) without stopping.
- For more information, please contact:
 Brendan Gallagher - Assistant Swim Coach
 University of Pennsylvania
 235 South 33rd Street, Weightman Hall
 Philadelphia, PA 19103
 215-898-6138
 gallagbm@pobox.upenn.edu

REGISTRATION FORM

Camper's Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Age at Camp _____
 Best Stroke _____ Number of years swimming _____
 How did you hear about camp? _____

* IF YOU WOULD LIKE TO RECEIVE CONFIRMATION THAT YOUR REGISTRATION FORM AND FEE WERE RECEIVED, PLEASE INCLUDE AN E-MAIL ADDRESS:

Circle Desired Camp
 Competitive Swim Camp Learn to Swim Beginner Camp

Circle Desired Session
 Session I (June 15-19) Session II (June 22-26)

T-Shirt Size-circle one:
 Child S M L XL
 Adult S M L XL

- \$100 Registration Fee Enclosed (non-refundable)
- Balance is due in full prior to start of each session.
- \$25 fee will be charged for all returned checks.

Please make check payable to: Quaker Swim Camp

Mail to:
 Brendan Gallagher - Assistant Swim Coach
 University of Pennsylvania
 235 South 33rd Street, Weightman Hall
 Philadelphia, PA 19104



PARENTAL CONSENT FORM

Name: _____
 Address: _____
 City/State/Zip: _____
 Home Phone: _____
 Email: _____
 School: _____
 Grade in Fall: _____
 Age: _____
 Position: _____
 Name of coach: _____
 Name of parent/legal guardian: _____
 Emergency telephone number: _____

I certify that this registration fee has not been provided by a representative of Penn athletics interest (booster).

Signature of Parent/Legal Guardian _____

Important: Please Read Carefully!

Release: I hereby request that you accept the application of _____ in the 2009 Quaker Swim Camp during the dates set forth in this application, and in consideration of your acceptance of the application, I hereby release the Quaker Swim Camp and the University of Pennsylvania, and all their trustees, officers, employees, and agents, from any and all liability or claims relating to any injuries that may be sustained by the camper while attending the 2009 Quaker Swim Camp or any and all claims which may hereafter be presented by or on behalf of the camper (minor child) relating to such injuries. Such released claims include claims for negligence, gross negligence, or recklessness.

Signature of Parent/Legal Guardian _____

Important: Please Read Carefully!

Authorization for Medical Treatment and Release: In case of emergency or if any medical attention is required by my child, I hereby give my permission to the 2009 Quaker Swim Camp staff and/or Penn to secure medical treatment and to act on my behalf according to their best judgment, and I hereby release the Quaker Swim Camp and the University of Pennsylvania, and all their trustees, officers, employees, and agents, from any and all claims relating to the exercise of such judgment.

Signature of Parent/Legal Guardian _____

QUAKER SWIMMING STAFF



Mike Schnur is in his tenth year as head coach at Penn of both the men's and women's swimming programs, although he has been involved with Penn swimming for over 15 years. Schnur has coached two Ivy League Champions, five All-Ivy honorees, five academic All-Ivy honorees, and Penn swimmers have broken over fifty school records in his tenure. He has also coached two Olympic Trial qualifiers and more than 10 U.S. Senior National qualifiers.



Brendan Gallagher is in his third year as assistant coach of the men's and women's swim teams at Penn. Gallagher is a 2004 graduate of The College of New Jersey (TCNJ). During Gallagher's tenure as a student-athlete at TCNJ, he was a four-year NCAA qualifier and earned nine All-America awards as a sprint and butterfly specialist.

FACILITY

The David Pottruck Health and Fitness center opened its doors on Sept. 9, 2002. This state-of-the-art recreation facility, located in the heart of campus at 37th and Walnut Streets, services the entire Penn community. Sheerr Pool, located inside the Pottruck Center, has been the home of the Penn men's and women's swimming and diving programs since 1968. Sheerr Pool has hosted a number of Amateur Athletic Union events as well as being the site for intercollegiate meets and championships.



Penn Swimming
235 South. 33rd Street
Weightman Hall
Philadelphia, PA 19104

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Philadelphia, Pa.

2009 Quaker Swimming Camp



A competitive swim camp
for Boys and Girls, Ages 8-18
&
Learn to Swim Beginner Camp
for Boys and Girls, Ages 6-8

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Session 2: June 22-26