

MICHIGAN DIVING CAMP

Michigan Diving Camp seeks to provide all divers with an opportunity to build fundamental skills as well as advanced techniques to improve their diving performance in a fun, safe and challenging atmosphere. Campers will have the opportunity to utilize all boards and platforms in accordance with their ability.

Low camper/coach ratio ensures individual attention and increased board time. The use of multiple media and equipment will enhance the diver's ability to self-evaluate and understand the adjustments to their diving that will improve their overall skill and performance.



APPLICATION

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

Parents/Guardian _____

Date of Birth _____

Years Diving _____

T-shirt size YS YM YL AS AM AL AXL

Check one: Commuter Camper _____
 Resident Camper _____

Airport Transport Needed : Yes/No

PLEASE DETATCH AND SEND WITH FEE (\$75 nonrefundable) payable to "Michigan Diving Camp"

Address:
Michigan Diving Camp
c/o C. Bergere
5633 Blue Grass Lane
Saline MI 48176

GENERAL INFORMATION

Dates - July 25-July 29, 2010

Fees - The charge for Resident camp is \$550 (ages 10 & up), Commuters \$450. This fee includes room & board for residents, (lunch & dinner commuters).
Day Camp: \$375 (4pm), \$180 (noon)

Cancellations -Any refunds (less \$75) are for medical reasons only and must be accompanied by a physician's statement. No refunds after July 15, 2010.

Housing/Check-in/Check-out -Rooms are double occupancy. To ensure roommate preference, check-in together. Check-in is 3:00-5:00 pm on Sunday at South Quad residence hall. Check-out is at the same hall, Thursday, 4:30-5:30.

Airport Transportation - Shuttle between Detroit Metro and Ann Arbor can be arranged for a prepaid fee of \$10 one way. Flights must arrive on Sunday and depart Thursday. Airline information must be submitted 2 weeks prior to the start of camp. Age limitations may apply-please consult your airline.

Facilities - Canham Natatorium, 17' deep diving well with 2 each 1/3 m springboards and 1/5/7/10m platforms, dry-land board & trampoline with rig

Check the website: midiving.com
mgoblue.com/camps or call (734)944-0221

CAMP STAFF

Christopher Bergere - Camp Director, Head Men's and Women's Diving Coach, University of Michigan World University Games Head Coach 2003, 2009
2008 USA Olympic Trials Judge
2008 Women's Big Ten Coach of the Year
Assistants - There will be one coach per 10 campers.
Trainers - A certified trainer is present at all training sessions.
Supervision - Campers will be supervised by coaching staff during all training sessions and at all times in dorms by camp housing staff.

Daily Schedule

7-8:30am	Breakfast
8:45-11:00am	Practice I
11:15-1:00pm	Break/Lunch
1:15-4:00pm	Practice II
4:30-6:00pm	Dinner
6:30-8:00pm	Practice III
8:00	Pick-up for Commuters
8:30-10:30pm	Residents: Supervised Dorm Activities
11:00pm	Lights Out!

Practices I,II and III will rotate between 1/3/5m board and 1/5/10 m tower, dry-land & trampoline workouts with continuous delay-video of diving for self-evaluation and coaching review.

Sunday Schedule

6:00 pm	Tour & Practice I-all campers (commuter, day, resident)
7:30pm	Pizza social & meeting-all campers (commuter, day, resident)
8:30pm	Pick-up for Commuter & Day campers, Residents to dorms