

# PARENTAL CONSENT

Please Print

Name of Camper \_\_\_\_\_

Date of Birth \_\_\_\_\_

Please provide the following information about the above camper:

Allergic Reactions \_\_\_\_\_

Past illnesses or other information that would be useful in the event of treatment if necessary:

\_\_\_\_\_

\_\_\_\_\_

Insurance Company \_\_\_\_\_

Policy Holder \_\_\_\_\_

## IN CASE OF EMERGENCY:

Father \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Mother \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

I hereby certify that the USD Swim Camp Staff has full and unconditional authority to proceed with diagnosis and treatment as judgement indicates for injuries during camp. The USD Swim Camp and The University of South Dakota shall not be held responsible for any consequence resulting from such injuries.

I declare that I am the father/mother/legal guardian (circle one) of the above named minor.

Parent's Signature \_\_\_\_\_

This form must be completed prior to registration to allow camp participation.

# COACHING BIOGRAPHIES



**Jason Mahowald**  
Head Swimming & Diving Coach

Jason Mahowald is in his fourth season as the head men's and women's swimming and diving coach at The University of South Dakota.

In 2007-08, Mahowald directed the Coyote women's swimming and diving team to a 10th-place finish at the NCAA Division II championships. USD finished with 178.5 points, the highest ever at a national meet. At that meet, Coyote diver Jill Smolczyk won the national championship in 1-meter diving and was second in 3-meter diving. She was named NCAA Division II Women's Diver of the Year, the first Coyote ever to earn that honor. In all at the national meet, the Coyotes had 10 All-American performances and broke 11 school records.

Overall, the Mahowald-led Coyotes have produced a total of 21 All-America performances in four years, and have brought home a total of 26 NCAA All-America swimming awards. In addition Mahowald was named as one of the outstanding coaches by the American Swimming Coaches Association for 2008.

Mahowald earned a B.S. degree in business administration from Wisconsin-Stevens Point (2002) and received a Master's degree in sports administration from Ball State (2005).



**Anthony Harris**  
Assistant Swimming & Diving Coach

Anthony Harris is in his fourth year as the assistant coach for Coyotes Swimming and Diving Team.

Prior to last year's success, Harris assisted the Coyote women's swimming and diving program to an eighth-place finish (tied 1999 team for best-ever team finish) and the men's

team to 26th place at the NCAA Division II national championships. In 2006-07, Harris assisted the Coyote women's swimming and diving team to third-place at the NCC championships and to ninth-place at the NCAA Division II National meet. He also assisted the men's squad to a fourth-place finish in the North Central Conference and a 23rd place finish at the NCAA meet.

Harris was a graduate assistant coach for the St. Cloud State Swimming and Diving Team from 2003-05. While at St. Cloud State, he coached 13 NCAA All-American student-athletes while working with coach Jeff Hegle. Harris was a member of the Wisconsin-Stevens Point Swim Team. At Wisconsin-Stevens Point, he was a 18-time conference champion and an eight-time All-American.

Harris earned a B.A. degree in communications from Wisconsin-Stevens Point (2003) and received a Master's degree in sports management from St. Cloud State in December of 2005.

NON PROFIT ORGANIZATION U.S. Postage PAID Vermillion, SD Permit No. 14



# SWIM CAMP 2009

SESSION ONE

June 14 - 19

Ages 8 and up

SESSION TWO

June 21 - 26

High School Camp Ages 14-18



## APPLICATION PROCEDURE

Male and female swimmers of any ability level are welcome at camp. Camp space is available on a first come, first serve basis. Please send your registration form along with a \$100 non-refundable deposit to the address below. Upon receipt of your registration form and deposit, you will be mailed a confirmation letter.

Applications with \$100 deposit per session (made payable to "USD Swim Camp") should be submitted to:

The University of South Dakota Swim Camp  
414 East Clark St., Vermillion, SD 57069

Questions should be directed to: Jason Mahowald,  
Head Swimming & Diving Coach, 605-677-9014 or  
e-mail: Jason.Mahowald@usd.edu

## CAMP FEES

Fees for the 2009 USD Swim Camp are \$325 per session for resident campers. Fees cover facility use, room and board, coaching, supervision and camp t-shirt. Fees for a commuter camper are \$275 per session and includes facility use, coaching, supervision and camp t-shirt. Commuter campers would need to be dropped off at the DakotaDome each morning at 9 a.m. and picked up from the Dome at 9 p.m.

## CAMP DATES

SESSION ONE: Sunday, June 14 - 19  
(Ages 8 and up)  
SESSION TWO: Sunday, June 21 - 26  
(High School Camp ages 14-18)

All sessions run Sunday evening through Friday morning. Check-in begins at 4 p.m. Sunday evening; checkout is Friday morning by 11 a.m.

## INSURANCE

USD Swim Camps can not be held responsible of injuries sustained during camp. All campers must provide their own insurance. Please complete the Parental Consent portion of the registration form and return with your registration and deposit.

## TRAINING SCHEDULE

Training at the USD Swim Camp focuses on both physical conditioning and superior stroke instruction and analysis. One-hour sessions focusing on swim specific dryland exercises, strength training and flexibility exercises are held daily. Two daily sessions focus specifically on technique work. Stroke drills, as well as start and turn mechanics are included along with classroom sessions for lectures. Underwater videotaping of each swimmer included.

## DAILY SCHEDULE

### Session One

8-8:55 a.m.	Breakfast
8:55 a.m.	Attendance at dorms
9:15-10:15 a.m.	Dry-land
10:30-11:30 a.m.	Conditioning Practice
Noon	Lunch
1:30-2:30 p.m.	Classroom Lecture
2:30-3:30 p.m.	Stroke Session/Video Session
3:30-5 p.m.	Free-time/Activities
5 p.m.	Dinner
6:25 p.m.	Attendance at dorms
6:30-8 p.m.	Filming Session/Camp Relays
8-10 p.m.	Evening Activities
10:15 p.m.	Return to Dorm rooms
10:30 p.m.	Lights Out

### Session Two

7-7:55 a.m.	Breakfast
7:55 a.m.	Attendance at dorms
8:15-9:15 a.m.	Dry-land
9:30-11:30 a.m.	Conditioning Practice
Noon	Lunch
1:30-2:30 p.m.	Classroom Lecture
2:30-3:30 p.m.	Stroke Session/Video Session
3:30-5 p.m.	Free-time/Activities
5 p.m.	Dinner
6:25 p.m.	Attendance at dorms
6:30-8 p.m.	Filming Session/Camp Relays
8-10 p.m.	Evening Activities
10:15 p.m.	Return to Dorm rooms
10:30 p.m.	Lights Out

All campers are supervised during all activities.

## EQUIPMENT

Campers should bring all personal swimming gear – suits, goggles, caps, plenty of towels and a combination lock. Training equipment (kickboard, fins, etc.) should be left at home. Casual clothes (t-shirts, shorts, etc.) and athletic tennis shoes are required for dryland exercises. Resident campers also need an alarm clock, bed linens, blanket or sleeping bag, personal toiletries, water bottle, plenty of comfortable shorts, t-shirts, socks, towels, sturdy athletic shoes and a pillow. For those who wear caps, write the camper's first name on the cap in block letters to help the coaches get to know the campers.

## CHECKING IN & OUT

Check-in occurs on Sunday from 4-5 p.m. each week. All campers will check out by 11 a.m. on Friday. Campers will be supervised until they are checked out.

## SUPERVISION

Experienced and mature male and female coaches/counselors provide 24-hour supervision for all swimmers. Counselors are members of the USD Swimming & Diving team.

## EXTRACURRICULAR ACTIVITIES

Planned recreational activities are available Monday-Thursday between 3:30- 5 p.m. and after the evening stroke session. Activities may include scavenger hunt, pizza & movie night, tie-dye t-shirt night, ultimate frisbee and other activities.

*If you are a person with a disability and need a special accommodation to fully participate in any University activity or event, please contact Disability Services at 605-677-6389 as soon as possible, but no later than 48 hours before the event, so that appropriate arrangements may be made.*

*The University of South Dakota is an equal opportunity, affirmative action institution committed to increasing the diversity of its faculty, staff and students.*



## SWIM CAMP APPLICATION

Please Print

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Grade (Fall 2008) \_\_\_\_\_

Parents \_\_\_\_\_

Camp T-Shirt Size:

Small  Medium  Large  XL  XXL

Friends I would like to be grouped with:

Swim Camps and The University of South Dakota cannot be responsible for injuries sustained at camp. All campers must carry their own insurance. Please complete the Parental Consent Form on the reverse side of this form before mailing application. The Parental Consent Form must be completed in order to attend camp.

Please check the appropriate boxes:

- SESSION ONE  
Sunday, June 14 - 19  
(Ages 8 and up)
- SESSION TWO  
Sunday, June 21 - 26  
(High School Camp ages 14-18)

Send application with camp fee to:  
The University of South Dakota Swim Camps  
414 East Clark Street  
Vermillion, SD 57069-2390