

SHARKS SWIM CAMP

CONSENT FORM

I, the minor's parent and/or legal guardian, understand the nature of sports activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity.

I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of Simmons College and its trustees, officers, employer, attorneys, insurers, agents, affiliates, administrators and assign (the "Releasee(s)") from all liabilities, claims, demands, losses, damages, costs, expenses, actions or causes of actions of every nature, character and description ("the Claims"), arising from, related to or in connection with the minor's participation in the Simmons Sharks Swim Camp, including, without limitation, Claims caused or alleged to be caused in whole or in part by the negligence of the Releasee(s) or otherwise, and further agree that if, despite this release, I, the minor, or anyone in the minor's behalf makes a Claim against any of the above Releasee(s), I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasee(s) from any litigation expenses, attorney fees, loss liability, damage or cost that may occur as the result of any such Claim.

Parents/Guardian agree to let Simmons College Athletics/Affiliates permission to use photographs, electronic and still images or illustrations of their child for the sole purpose of marketing and promotions.

Printed Name of Parent/Guardian:

Signature of Parent/Guardian:

_____ Date: _____

The Sharks Swim Camp must comply with regulations of the Massachusetts Dept. of Public Health and be licensed by the local Board of Health.

SHARKS SWIM CAMP
Simmons College Athletic Dept.
300 The Fenway
Boston, MA 02115

SHARKS SWIM CAMP

at Simmons College



For Girls & Boys Ages 9-17

A technique-oriented day camp that focuses on fine-tuning stroke mechanics in butterfly, backstroke, breaststroke and freestyle.

Goal-setting, nutrition, leadership and effective team building will be highlighted on a daily basis.

For competitive athletes of all levels with swim team experience (1 year minimum)

A DAY AT CAMP

DAILY SCHEDULE

- 8:00am Check-in
- 8:30am Team Stretch & Core Work
- 9:00am Swim Session #1: Stroke Technique & Video Work
- *Monday: Freestyle Focus*
 - *Tuesday: Backstroke Focus*
 - *Wednesday: Breaststroke Focus*
 - *Thursday: Butterfly Focus*
 - *Friday: Turns, Starts & Relay Focus*
- 11:30am Lunch
- 12:30pm Classroom (topics & workshops include:)
- *Goal Setting*
 - *Sports Nutrition & Hydration*
 - *Incorporating Dryland Training & Strength Training*
 - *Team Building & Leadership Seminar*
 - *Preparing for Competition*
- 2:00pm Swim Session #2: Improving Speed & Endurance
- 4:00pm Video Analysis & Team Activity
- 5:00pm Pick-up



CAMP DIRECTOR:

Mindy Williams

Simmons College Head Swim Coach



Coach Williams joined the Simmons coaching staff in July of 2008 after four years as Head Swim Coach at Regis College (Weston, MA). Williams, a native of Vermont, received her undergraduate degree in 2003 from Colby College, where she competed at the varsity level for four years and was an NCAA qualifier in 2000 and 2003. She

won All-NESCAC honors in the 1650, 500 and 200 freestyle relay and served as team captain her senior year. Coach Williams started her career as the assistant coach of both swimming and water polo at Macalester College (St. Paul, MN). Coach Williams, formerly a Senior Coach at the University of Washington Nike Swim Camp, is eager to work with young, developing swimmers at the Sharks Swim Camp.

Williams will be joined by a number of current and former collegiate athletes to make up the coaching staff this summer.



The Leadership Connection:

At Simmons we believe in the importance of leadership and student development. We also believe sports play an important role in students' lives as well as in teaching leadership skills. Participation in sports develops the abilities to work within teams, meet goals, manage setbacks, accept feedback and be flexible. Through sports activities, students practice the skills of leadership first hand. At the Sharks Swim Camp, we are committed to weaving sports and leadership together. Our goal is to teach you how to transfer leadership skills from the pool into life!

SHARKS Swim Camp

★ Application ★

Camper Name: _____

Parent/Guardian Name(s): _____

Home Address: _____

Telephone: (____) _____

Email: _____

Age: _____ Grade (Fall 2009): _____

Current Swim Team: _____

Specialty Stroke: (check one)

- Butterfly
- Backstroke
- Breaststroke
- Freestyle
- Individual Medley

Please check one:

- Day Camper \$325.00
- Day Camper (*Simmons Alumni/Employee Discount*) \$275.00

Unisex T-Shirt Size: XS S M L XL XXL

**To secure enrollment please submit a completed application, health form and \$100 non-refundable deposit by July 1, 2009*

* Checks payable to **Simmons College**

For printable health forms please visit:

www.simmons.edu/athletics

FOR MORE INFO: Contact Mindy Williams

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