

2009 INDIANA DIVING ACADEMY APPLICATION

Housing & Meals

Campers are housed in the Christian Student Fellowship House. The Academy is well-supervised at all times including over the weekends. Meals, prepared by a professional cook, are served three times a day. There are scheduled activities every evening and over the weekend for divers who stay multiple weeks.

House Address: 1968 N. Jordan Ave., Bloomington, IN 47402

Enrollment and Deposit

Enrollment is open to campers ages 9 and older, as well as recent high school graduates, collegiate divers, & anyone interested in improving their diving skills! Divers are encouraged to enroll early; however, enrollment is open throughout all camp sessions. Please enclose total camp tuition with your application. **Applications will be accepted at any time. Please save a copy of your application for information purposes. Your canceled check is your receipt.** After receipt of your application, enrolled campers will receive an electronic packet via email with complete camp details or a mailed packet if no email is available. Please read these materials carefully as they will answer most of your questions. Check-in begins at 1PM Sunday and check-out is 3PM Friday.

Camp Costs and Additional Weeks: The first week of camp costs \$555. Each additional week is \$500, which includes lodging, food, activities, and supervision over the weekend for campers staying multiple weeks. Additional weeks may be added while you are at camp. Many divers come to camp and decide they would like to stay longer. Adding additional weeks anytime during camp is possible. **A minimum of two weeks is highly recommended for serious divers and any combination of sessions is possible.** Multiple week campers are **NOT** required to check-out on Friday and re-check-in on Sunday. Supervision is provided for academy divers over the weekends. Multiple-week campers may wish to bring additional spending money for optional entertainment, food, and activities over weekends.

Transportation

Indiana Diving Academy has teamed up with the Bloomington Shuttle to provide transportation to and from the Indianapolis Airport. The shuttle will drop divers directly off at the camp house. The cost for the shuttle is \$25.00 each way. To set up transportation contact Bloomington Shuttle service (800-589-6004, www.bloomingtonshuttle.com). IF YOU ARE AN UNACCOMPANIED MINOR (14 & UNDER) AND NEED TRANSPORTATION TO/FROM THE AIRPORT, PLEASE CONTACT US. For more information visit our website.

Visiting Coaches

Visiting Coaches: *All visiting coaches must complete an application.* Coaches who bring three or more divers and are willing to participate in camp may stay free of charge. *Visiting coaches who bring less than three divers may still attend for a reduced fee of \$200 per week.*

Insurance

All Indiana Diving Academy campers must be registered in 2009 with USA Diving for insurance purposes. If you are already a member of USA Diving please place your number in the space provided and attach a copy of your card. If you are not a member, visit www.usadiving.org and click on Membership and register for a "Limited Athlete Membership." The cost is \$12.00. All participants **MUST** be registered with USA Diving. This is separate insurance from your personal insurance.

**Pay by credit card and register online
at www.indianadiving.com**

Or complete and mail

Name _____
Address _____
City _____
State _____ Zip _____
Home Phone (____) _____
DOB (MM/DD/YY) _____
Age ____ Sex ____ T-Shirt Size ____
Parents' Names: _____
Parents' Email: _____
Camper's Email: _____
Roommate Preference: _____
Team Name: _____ Coach's Name: _____

ALL DIVERS MUST BE REGISTERED WITH USA DIVING

To register with USA Diving visit www.usadiving.org click Membership
A copy of your 2009 USA Diving registration must be enclosed.

USA Diving # _____

Please mail _____ additional brochures for my friends

In consideration of this application, I, intending to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release any and all rights, and claims for damages I may have against Indiana University or its representatives and/or with my association with or entry in this camp and which may arise of my traveling to, participating in, or returning from camp.

CAMPER'S SIGNATURE DATE

PARENT/GUARDIAN SIGNATURE DATE

Register online at www.indianadiving.com (standard convenience fee applies) or complete registration form and mail to:

**Todd Waikel
Indiana Diving Academy
Assembly Hall
1001 East 17th Street
Bloomington IN 47408**

Make check payable to Indiana Diving Academy

Refund Policy

Those who have applied and been accepted but can't attend for any reason will receive a partial refund subject to the following cancellation policy:

- 1) For any cancellation which occurs on or before June 7th, all fees refunded except a \$100.00 handling fee.
- 2) For any cancellation which occurs after June 7th there is a \$300.00 handling fee.
- 3) For cancellation after check-in there is NO REFUND.

I will attend session(s):

- A. June 7-12.....
- B. June 14-19.....
- C. June 21- 26.....
- D. June 28-July 3
- E. July 5-10.....

The Indiana Diving Academy offers the best training environment in the country!



Outdoor Diving Well



Outdoor Dryland



IU Swim & Dive Team Room



Diving Team Weight Room



Indoor Dryland



Hot Tub

Facilities: Academy divers train in two outstanding facilities. The **Billingsley Diving Center** located in the **Student Recreational Sports Center (SRSC)** at 1601 Law Lane has two 3-meter and four 1-meter springboards, 1, 3, 5, 7.5 and 10 meter platforms, sparging system (bubbles), deck showers, wall heaters, and warming pool. **The IU Outdoor Pool** at the corner of 17th and Fee Lane has four 1-meter and two 3-meter springboards, 1, 3, 5, 7.5,

and 10 meter platforms, and an above ground hot tub. To aid in the teaching of new techniques and new dives, We have added 12 TV monitors with 12 TIVOs and cameras, a somersaulting machine, 5 trampolines with overhead spotting belts and 2 dryland boards with port-a-pits and overhead spotting belts are used. There is also a spotting belt above the 1-meter springboard in the indoor pool. An aerating system to provide an air pillow for learning new dives safely and comfortably is installed under all the indoor boards and towers. Away from the pool other teaching aids include lectures, demonstrations, Q & A with IU divers, videos, audio tapes, and training films featuring recent National, Olympic, and World Diving Champions.



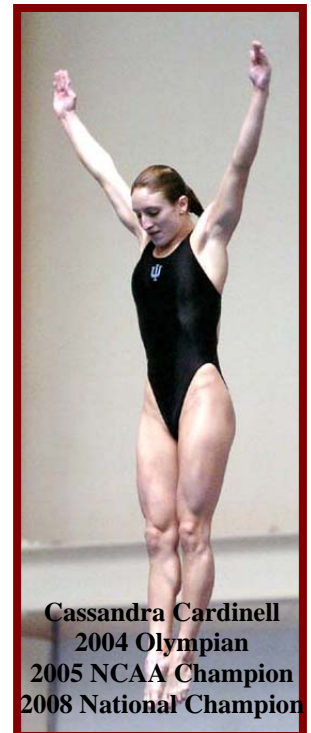
Work with three time USA Olympic Coach Jeff Huber!

- 1 Olympic Coach
- 18 Springboards
- 2 World Class Pools
- 2 Sets of Platforms
- 5 Trampolines
- 2 Dryland Centers
- 1 Sparging System
- 12 Tivo's
- 12 TV Monitors
- 7 Spotting Belts
- ONE WORLD CLASS CAMP!

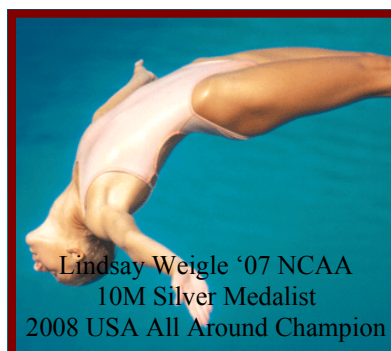
I was just at Indiana Diving camp and wanted to let you know I have never had so much fun diving. It was stress free and so enjoyable. Diving at the camp really helped me realize how important diving is to me. This was a great learning experience!
'08 Camper



"Thank you so much for the great experience my daughter had at Indiana Dive Camp. She met so many nice people, fellow campers and counselors. The culture of the program is so motivating... She cannot wait to compete her new dives at our summer club ."
'08 Parent



Cassandra Cardinell
 2004 Olympian
 2005 NCAA Champion
 2008 National Champion



Lindsay Weigle '07 NCAA
 10M Silver Medalist
 2008 USA All Around Champion



Purchase Your Instructional DVD's and VHS's by Dr. Jeff Huber at www.championshipproductions.com

INDIANA DIVING ACADEMY 2009

Assembly Hall
1001 East 17th Street
BLOOMINGTON, IN 47408

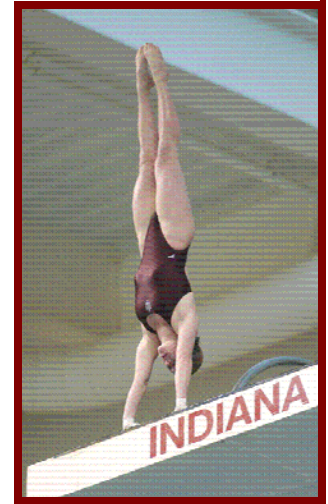
www.indianadiving.com

PRESORTED STANDARD
US POSTAGE PAID

Indianapolis, IN
Permit No. 7867



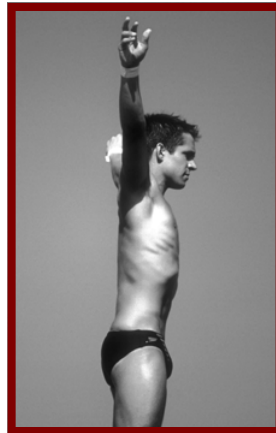
Register online at www.indianadiving.com



Sara Hildebrand
2000 & 2004 US Olympian

YOU WILL LEARN ABOUT

- Strength and flexibility training
- The art of ripping
- Twisting: front, back & reverse
- Initiating fast somersault action
- Correct body alignment
- The physics of diving
- Mastering the forward approach
- Goal setting & motivation
- Receive a personal evaluation
- Mental preparation...and more!



Marc Carlton
Big 10 3M & 10M Champion
and Record Holder

DAILY SCHEDULE

Wake-up, breakfast	7:00-7:30AM
Arrive at training site, stretch	7:45-8:00AM
Diving	8:00-9:30AM
Trampoline, dryboard	9:45-10:45AM
Lunch, relax	11:00-12:30PM
Arrive at training site, stretch	12:45-1:00PM
Diving	1:00-2:30PM
Strength training, video analysis	2:45-4:00PM
Open workout	4:00-5:00PM
Dinner, relax	5:00-6:30PM
Lecture and/or discussion	6:30-7:30PM
Evening activity, lights out	8:00-10:00PM



Indiana University Campus



INDIANA DIVING

Dr. Jeff Huber

United States Olympic Diving Coach: 2000, 2004, 2008

8 time USA National Diving Coach of the Year

12 time USA National Combined Team Champions



Dr. Jeff Huber is in his 20th year at Indiana University. During his tenure, he has coached USA and NCAA National Champions, Big Ten Conference Champions, International Champions, and dozens of NCAA All-Americans. His coaching experience spans the globe and includes 2008, 2004, and 2000 Olympic Games, World Championships, Pan American Games, World University Games, World Cup, Goodwill Games, FINA Grand Prix and other international competitions

as USA National Team Coach. In 2008 he again served as coach for Team USA at the XXIX Olympiad in Beijing, China. In 2007 he served as coach for Team USA at the World Championships in Melbourne, Australia and Head Coach at the World University Games in Bangkok, Thailand. In 2008 he was named USA Diving Coach of the Year. Dr. Huber earned his Ph.D. in Educational Psychology in the area of cognition and motor learning and holds the position of Adjunct Assistant Professor Part-Time in the Department of Counseling and Educational Psychology and the Department of Kinesiology. His wife, Dr. Lesa Huber, is Clinical Assistant Professor at Indiana University.



Todd Waikel is in his 4th season with Indiana and 20th year of coaching. Waikel is the Assistant Diving Coach at Indiana University. Prior to arriving at IU he coached in Columbus, Ohio and Ft. Wayne, Indiana where he was head club coach and developed many Junior All-Americans. During his time at Indiana University Waikel has been a key player in

recruiting and coaching IU divers as well as coordinating the Indiana Diving Academy. He has helped both the men's and women's teams win Big 10 Championships and played an integral role in helping the women's team win consecutive U.S. National Champion Team titles in 2006, 2007, and 2008 and the men's team title in 2008. Waikel coached IU team members at the 2007 USA FINA Grand Prix and assisted Coach Huber in qualifying three IU divers to the 2007 World University Games. He is a course instructor for USA Diving's Safety Certification, Grassroots, Dive Safe, and Spotting Training for Coaches. Waikel earned a B.S. in Speech Communications as well as an Indiana State Teacher's license. He and his wife Marlene reside in Bloomington with their family.

Why You Should Attend Indiana Diving Academy

●Olympic Indoor & Outdoor Facilities●Dartfish & TIVO video analysis●Fun, challenging team environment●Make friends from around the country●Emphasis on fundamentals●Emphasis on twisting dives●2 dryland training sites ●7 safety spotting stations●18 springboards●Written skills evaluation●Free Indiana Diving Academy t-shirt●Great recreational activities: movies, softball, pizza, bowling, talent show●Beautiful wooded I.U. campus with tennis, basketball, & volleyball courts, softball & soccer fields●Purchase videos by Championship Production and IU apparel

Todd Waikel, Assembly Hall, 1001 East 17th Street, Bloomington, IN 47408

Phone (812)856-5105 ● Fax (812)856-4537

Email: twaike1@indiana.edu ● Web Site: <http://www.indianadiving.com>