INDIANA DIVING

2008

Indiana Diving Academy · Assembly Hall · 1001 E. 17th Street · BLOOMINGTON, IN 47408 · 812/856-5105 · 812-856-4537 Fax

Dear Diver:

Welcome to the Indiana Diving Academy! I'm looking forward to working with you this summer. Please take some time to read this form and fill out all appropriate paper work to be submitted for diving camp. If you have any questions regarding forms or the camp in general, please do not hesitate to contact us. I look forward to a very successful 2008 summer dive camp.

Camp will be at the same house:

Christian Student Fellowship
1968 N. Jordan Ave.
Bloomington, IN 47406

If registering by mail, return your remaining camp registration fees by April 15th.

Return all forms as soon as possible: USA Diving Registration, Medical Consent form, Diving Safety Form, Diving List & Experience form. These forms are all available on the website indianadiving.com. You may fax, send or email any of these documents.

Mail all Camp forms to:
ATTN: Todd Waikel
Assembly Hall
1001 East 17th Street
Bloomington, IN 47408

Or Fax:
Attention Todd Waikel
812-856-4537

Camp Checklist

- ❑ Sign & return medical form
- ❑ Sign & return diving safety form
- ❑ If you need a ride to/ from the Indianapolis airport contact the Bloomington Shuttle at: 800-589-6004 or www.bloomingtonshuttle.com
- ❑ Register with USA Diving and send a copy of your 2008 registration card
- ❑ Return Diving List & Experience Form
- ❑ Mark clothing and possessions with your full name
- ❑ Pillow, sleeping bag or sheets, and blanket
- ❑ Towels and personal articles
- ❑ Clothing
- ❑ Swimsuits and chamois
- ❑ Sunscreen
- ❑ Optional: fan, in-line skates, basketball, tennis racquets, bicycle, personal stereo
- ❑ Spending money (Highly Recommended for Multiple Week Campers)
- ❑ Cell phone/ Long distance calling card
- ❑ Prescription medicine

Check-In & Out

Check-in begins at 1 p.m. on Sunday (June 8, 15, 22, 29 and July 6th) at the Christian Student Fellowship House, 1968 N. Jordan. Check-out begins at 3 pm on Friday (June 13, 20, 27; July 4, and 11).

What to Bring

You will need bedding for a single bed, towels, toilet articles, clothing, swimsuits, and sunscreen.

Fans, In-line skates, bicycles, etc. are optional. Weekend stay-over campers have enjoyed skating and biking around campus.

Bring some spending money ($30-$60 per week) for additional camp t-shirts, movies, snacks and pizza, and shopping. Multiple week campers should bring some additional spending money.

What Not to Bring

Don't bring anything very valuable or large sums of cash. The fraternity house will be locked during the day, but campers will not be able to lock their rooms. In the camp environment, divers tend to forget or misplace items.

We recommend labeling all clothing and personal possessions. We also recommend bringing a lockable suitcase for keeping spending money and other valuables.

Campers stay in a fraternity—it's not a five-star hotel! Our experience with putting campers in nicer accommodations is that things get broken. We're sure YOUR camper wouldn't break anything, but to keep your fees down, we have chosen plainer accommodations.

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 8, all fees refunded except a $100.00 handling fee.
2) For any cancellation which occurs after June 10 but before first day of camp, there is a $300.00 handling fee.
3) For cancellation after check-in there is NO REFUND.

Medical Care, Diving Safety

The "Consent for Treatment of a Minor" form is enclosed. This form must be returned before a camper will be admitted at check-in. Medical treatment while at camp is provided at the IU Health Center or the Bloomington Prompt Care clinic. Costs incurred will be billed to campers' own medical insurance.

The diving safety form is a note to parents and divers about from U.S. Diving research. Please read, sign, and return it.

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 at 800-589-6044 or visit their website at www.bloomingtonshuttle.com . If you are an unaccompanied minor (14 & under) and need transportation to/from the airport, please contact us.

Daily Schedule

Sunday

5:00-6:00	Dinner
6:00-6:45	Orientation
7:00-8:30	Practice

Monday-Thursday

7:00 AM	Wake and dress
7:15-7:35	Breakfast
7:35-7:45	Leave for pool
7:45-8:00	Warm-up exercises on deck
8:00-9:45	Dive
10:15-11:30	Trampoline and Port-A-Pit
11:30-1:30	Lunch and rest
1:30-3:15	Dive
3:30-4:30	Video review, conditioning, or audiotape
4:30-5:30	Relax
5:30-6:30	Dinner
7:00-9:00	Activity

Fridays

8:00-1:00	Same as M - Th
1:00-1:30	Warm-up
1:30-2:30	Diving meet at SRSC
2:30-3:00	Return to house
3:00	Clean up, pack, check out

Evening Schedule

Sunday	Orientation/Practice
Monday	Lecture
Tuesday	Ball Game
Wednesday	Downtown Bloomington
Thursday	Talent Show

Fri & Sat: See schedule next page

Parents Invited

Parents are welcome at camp anytime. Parents are especially invited to watch the meets during camp. Meets will be held on June 13, 20, 27; July 4, 11. These meets begin at 1:30 pm at the SRSC, 1601 Law Lane. If you are planning on attending, check with your camper to confirm time and place.

Stay-Over Campers

Weekend Schedule

Friday

3-5	Rest
5:00	Dinner
7-9:30	Town Movie & back to house
11:00	Lights out

Saturday

9:00-11:00	Open diving and conditioning
11:00-1:00	Lunch
1:00-5:00	Swimming at outdoor pool
5:00-7:00	Dinner
7:00-9:00	Shopping on Kirkwood Ave. & back to house
11:00	Lights out

Contacting Campers

You may write to a camper using the below address. You should insure your package and ask for delivery confirmation when possible.

Indiana Diving Academy
C/O Todd Waikel
CAMPER'S NAME
Assembly Hall
1001 East 17th Street
Bloomington, IN 47408

You may fax your camper at 812/856-4537. Faxes will be delivered daily.
You may also send an email to twaikel@indiana.edu, please put the campers name in the subject line.

There will be a phone installed in the fraternity house for the Campers' use. The house phone number is: 812-339-9185 Campers must have a phone card or credit number to make long-distance calls from this phone.

In an emergency, you may call Todd Waikel at the camp office, 812/856-5105, or Dr. Huber's office number, 812/855-5710, email or fax us, and your message will be relayed as soon as possible.

Rules and Regulations

These rules and regulations are to be followed by all campers during their visit to the Academy. Failure to follow them will result in immediate dismissal. Please remember that each diver's behavior is a direct reflection on the Academy and the sport of diving.

15. No smoking or drinking alcoholic beverages. Anyone drinking will be immediately sent home.
16. Divers are not permitted in certain areas of the house. These areas will be designated and are considered off limits. If you are on the balconies after hours you will be dismissed from camp immediately.
17. Boys are not permitted in girls' rooms nor the girls in boys' rooms. Violation of this rule means dismissal.
18. Divers are expected to make all workouts, lectures, recreational activities, etc., unless excused by Coach Huber.
19. The house counselors are in charge. Their word is good and will be backed by Coach Huber. Failure to follow the counselors' instructions will result in dismissal.
20. Stay out of the kitchen and do not take food from the dining area.
21. No running or rough play inside the house.
22. Divers 14 and under may not leave the house premises except for supervised camp activities. Divers 15 and older must sign out before leaving and be back on the house premises by 9 PM. All divers must be in the house by 10 PM, on their floor by 10:30 PM, and in their room with lights out no later than 11:00 PM.
23. Divers roaming the house and causing trouble after lights out will be dismissed. If you are on the balconies after hours you will be dismissed from camp immediately.
24. No one will be permitted to go out at night alone or without permission from a house counselor.
25. Divers must wear clothes and shoes during meals (i.e., no swim suits).
26. Please bring athletic shoes and socks to all conditioning sessions.
27. Divers are not permitted to operate cars unless the cars belong to them and they have their parent's permission and Coach Huber's permission to drive off campus. No other divers may ride in the car unless given permission from the counselor or Coach Huber. No divers may drive to any practices.

Indiana Diving Academy Objectives

These objectives are what I hope to accomplish with you while you are at camp. We'll start at whatever level you are currently diving and work up to your potential.

1. To be able to perform a list of basic compulsory and optional dives.
2. To be able to demonstrate a tower take-off for front, back, and inward actions.
3. To dive up to your greatest potential. This means learning as many dives, both spinning and twisting, as you are currently ready to learn.
4. To learn fundamental diving mechanics based on scientific principles and laws.
5. To be able to demonstrate the proper techniques for front, back, and reverse entries into the water.
6. To be able to demonstrate a knee save for back and reverse entries and a pike save for front entries.
7. To develop a good competitive attitude.
8. To develop good workout habits for daily practices.
9. To learn how to use short term and long term goal setting for motivation and improved diving performance.
10. To learn to take instruction, cooperate with others, and demonstrate discipline in practice and competition.
11. To develop a positive attitude toward yourself, your team members, your coach, and your competitors.
12. To learn the importance of relaxation, visualization, and self-talk for diving performance.
13. To experience being in somersault and twisting belts and learn new dives in them.
14. To learn some techniques for dealing with fear of learning new dives and fear of competition.
15. To learn that the most important thing is to always give your best effort and focus on your own diving because that is the only thing you have control over.
16. To understand the importance of conditioning and to personally go through a conditioning program.
17. To have fun with the sport of diving!