



DINING

Campers dine in Dansbury Commons, the university student dining room. Nutritious all-you-can-eat meals are served, with salad and dessert bars.

CAMP CARE SERVICES

Our ESU Summer Camp Care Staff are first aid and CPR/AED certified. Summer Camp Care Staff will provide routine first aid services to the participants during the hours that camp is in session and will refer medical emergencies and illnesses to the Lehigh Valley Health Network - Pocono, located one block from campus.

MEDICAL INSURANCE

ESU does not provide individuals with medical insurance. Campers must provide their own medical insurance plans. ESU is not responsible for paying medical deductibles or hospital costs for any camper.

Register online at:
www.esu.edu/camps

DAILY SCHEDULE

- 7:15 AM Wake Up
- 7:45 AM Breakfast
- 8:45 AM Pool Training Session
- 10:30 AM Deck Training
- 11:45 AM Lunch
- 1:00 PM Pool Technique Session
- 4:00 PM Free Time
- 4:45 PM Dinner
- 6:00 PM Pool Technique Session
- 8:00 PM Evening Program
- 10:00 PM Lights Out

BRIE GLOBIG
bglobig@esu.edu
570-422-3873

East Stroudsburg University of Pennsylvania is located in the beautiful Pocono Mountains in East Stroudsburg, Pennsylvania. ESU is 90 minutes west of New York City and two hours north of Philadelphia. You may also find directions through our website at www.esu.edu

East Stroudsburg University of Pennsylvania is committed to equal opportunity for its students, employees and applicants. The university is committed to providing equal educational and employment rights to all persons without regard to race, color, sex, religion, national origin, age, disability, sexual orientation, gender identity or veteran's status. Each member of the university community has a right to study and work in an environment free from any form of racial, ethnic, and sexual discrimination including sexual harassment, sexual violence and sexual assault. (Further information, including contact information, can be found on the university's website at www.esu.edu/titleix.)

In accordance with federal and state laws, the university will not tolerate discrimination. This policy is placed in this document in accordance with state and federal laws including Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and the Civil Rights Act of 1991 as well as all applicable federal and state executive orders.



For more information, assistance or special accommodations, please call 570-422-3061.



Office of Conference Services
200 Prospect St
East Stroudsburg PA 18301-2999



ESU

SWIMMING

2018 SUMMER CAMP

3-DAY CAMP
JUNE 22 - 24

4-DAY CAMP
JULY 8 - 11

esu.edu/camps

PHILOSOPHY

The Warrior Swimming Camp is geared toward competitive swimmers who want to increase their swimming ability and knowledge of the sport. Through individualized attention, campers are taught ways to reduce water resistance while increasing their ability to produce force, improving overall swimming ability.

We offer intensive stroke technique instruction, stroke analysis and skills practice, combined with lectures on pertinent topics in competitive swimming. Our aim is to provide safety, learning, and fun in our camps.

GENERAL INFORMATION

- Warrior Swimming Camps are geared toward male and female competitive swimmers ages 10 and up
- Daily technique sessions for strokes, starts, and turns
- Individualized feedback and attention
- Free camp T-shirt
- All-you-can-eat meals in the university cafeteria
- 24-hour camp staff supervision and on-campus police coverage



Staff

BRIE GLOBIG
Swim Head Coach

- Four New School Records & Eight individual Top-16 finishes at PSAC since becoming coach

- Staff includes current and former collegiate swimmers

CAMP INFORMATION

JUNE: 3-DAY CAMP

This camp focuses on intensive stroke technique in the four competitive strokes, starts, and turns.

OVERNIGHT CAMPERS

- Check-in: Friday, Noon – 1 p.m.
- Check-out: Sunday, 11 a.m. – noon

COMMUTERS

- Check-in: Friday, Noon – 1 p.m.
- Saturday, 8:30 a.m. – 9 p.m.
- Check-out: Sunday, 11 a.m. – noon

JULY: 4-DAY CAMP

This camp deals with all aspects of what makes you faster in swimming. Topics include stroke technique, training principles and practice, strength and flexibility, mental training, as well as nutrition, hydration, and stress management.

Daily pool and deck training is conducted for the maintenance of cardiovascular fitness and strength.

Technique sessions for starts and turns will be held daily.

OVERNIGHT CAMPERS

- Check-in: Sunday, Noon – 12:50 p.m.
- Check-out: Wednesday, 5 p.m. – 6:30 p.m.

COMMUTERS

- Check-in: Sunday, Noon – 12:50 p.m.
- Monday – Wednesday: 8:30 a.m. – 9 p.m.
- Check-out: Wednesday 5 p.m. – 6:30 p.m.

Take home underwater DVD of camper swimming.

COST

Register online at: www.esu.edu/camps

3-DAY CAMP (6/22-24):

OVERNIGHT: \$270/SWIMMER
COMMUTER: \$220/SWIMMER

4-DAY CAMP (7/8-11):

OVERNIGHT: \$360/SWIMMER
COMMUTER: \$285/SWIMMER

EARLY BIRD DISCOUNT:

REGISTER BY APRIL 6, 2018
AND RECEIVE \$15 OFF

Make Checks Payable to:

ESU WARRIOR SWIMMING CAMP

Mail to: Office of Conference Services,
200 Prospect Street, E. Stroudsburg, PA 18301

Deposit/Payment/Cancellations/Refunds

Please enclose a \$100 non-refundable deposit with all applications. Camp balance is due two weeks prior to the start of camp. Campers who leave during the course of the camp will receive a refund based on the number of days services were rendered.

All refund requests must be submitted in writing to the Office of Conference Services within 14 days of the last day of camp. No refunds will be issued to campers sent home for disciplinary reasons. No refunds will be issued after that time. Please allow six to eight weeks for processing of any refunds.

Medical documentation may be required for refund. Please send refund requests to conferences@esu.edu with the name of your child and camp they participated in.

ESU Warrior Sports Camps have contingency plans in the event of inclement weather, however, indoor practice facilities may be limited.

BRIE GLOBIG

bglobig@esu.edu

570-422-3873

Register online at:
www.esu.edu/camps

SWIMMING

Please print clearly in ink.

CAMPER _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME/CELL PHONE _____

EMERGENCY PHONE _____

EMAIL _____

GRADE ENTERING (FALL 2018) _____

AGE _____

DOB _____

SCHOOL/TEAM _____

TIME FOR 50 FREE _____

BEST EVENT _____

TIME _____

SELECT CAMP(S): _____

MALE _____

FEMALE _____

3-DAY CAMP (6/22-24) _____

4-DAY CAMP (7/8-11) _____

— OVERNIGHT _____

— OVERNIGHT _____

— COMMUTER _____

— COMMUTER _____

ROOM WITH: _____

ADULT T-SHIRT SIZE: **S M L XL**
(please circle one)

\$100 NON-REFUNDABLE DEPOSIT
MUST ACCOMPANY EACH REGISTRATION FORM

Medical Insurance Information

COMPANY NAME _____

POLICY NUMBER _____

GROUP NUMBER _____

NAME OF PARENT/GUARDIAN _____

I hereby authorize the camp staff of East Stroudsburg University to act for my son/daughter in their best judgment in any emergency situation. I also authorize my son's/daughter's attendance in ESU's Warrior Sport Camp. I certify that he/she is in good health and is able to participate in all camp activities. I understand that the camp staff, first responders, and university will not be held responsible for any injuries that occur on the way to, during or on the way home from ESU.

PARENT/GUARDIAN SIGNATURE _____