

US SPORTS CAMPS, INC.

750 Lindero Street, Suite 220 - San Rafael, CA 94901
1-800-NIKE CAMP - USSportsCamps.com



HILLSDALE COLLEGE
Hillsdale, MI

2008 NIKE SWIM CAMP



US SPORTS CAMPS, INC.

Operators of the Nike Sports Camps



USSC proudly presents the Nike Swim Camp at Hillsdale College. Our goal is to stimulate a love for swimming by immersing you in the sport and giving you the kind of focused, intensive training essential to improvement. Over the course of camp, your enthusiasm and self-confidence will grow along with your skills.



CAMP DIRECTOR



Directing the camp is long-time Nike Swim Camp Director **Kurt Kirner**. Coach Kirner is in his first season at Hillsdale College after spending the previous 16 seasons as the Head Men's and Women's Swim Coach at Lawrence University in WI. Over his long tenure at Lawrence, Kurt molded the Vikings into consistent contenders in the Midwest Conference (MWC). During his time, the Lawrence men won two MWC titles and the women did not finish lower than fourth since 1993. From his success, Kirner was named MWC Coach of the Year three times, including winning the award in 2006 for his men's team and in 2007 for his women's team. Overall, Kirner has coached 6 All-Americans, 1 academic All-American and more than 175 Midwest Conference Champions.

Kirner came to Lawrence after an extensive and successful age-group coaching career that began in 1975. A native of Prairie du Sac, Kirner graduated from the University of Wisconsin-Milwaukee and coached for the Shorewood Swim Club, Schroeder Swim Team, and Marquette High School while attending UWM.

Kirner continued his age-group coaching career while attending New Mexico State University and working toward his master's degree in kinesiology. He was in the doctoral program at the University of Minnesota before moving on to Lawrence.



CAMP SETTING & FACILITY

Hillsdale College, located in Hillsdale, MI, is only 90 miles west of Detroit and 200 miles east of Chicago. Campers will reside in the dormitories on the beautiful 200 acre campus and will train daily in six lane 25 yard by 25 meter John "Jack" McAvoy Natatorium; the home pool of the Chargers.



CAMP HIGHLIGHTS

- Instruction from College Coaches and Swimmers
- 8:1 camper to instructor on-deck ratio
- Daily emphasis on Stroke Technique
- Videotaping in all four strokes and review
- Official Nike Camp T-Shirt and Swim Cap
- Discussions on goal setting and nutrition

TYPICAL DAILY SCHEDULE

(DOES NOT APPLY TO FIRST OR LAST DAY)

- 7:00 Drill Session I (pool)
- 8:30 Breakfast
- 9:00 Stroke Review (auditorium)
- 9:30 Underwater Videotaping (pool)
- 10:00 Start and Turn work (pool)
- 11:00 Teambuilding exercise (water polo)
- 11:45 Campers/Staff walk to lunch together
- 12:30 Mental Toughness Session
- 1:15 Workout time (pool)
- 2:30 Videotape Review w/coaches
- 3:15 Teambuilding exercise (land-based activity)
- 4:00 Organized Free Time
- 5:00 Dinner
- 5:45 Sports Nutrition Discussion
- 6:30 Drill Session II (pool)
- 8:30 Residence Hall
- 10:00 Lights out

2008 DATES AND PRICES

July 13 - 17, 2008

(Camp starts Sunday afternoon and ends Thursday afternoon)

- **Overnight Fee: \$475**
- **Extended Day Fee: \$375**

(9:00am-9:00pm)



Overnight Campers: (Ages 10-18)

- All instructional programs and evening activities
- All meals and housing

Extended Day Campers: (Ages 10-18)

- All instructional programs and some evening activities
- Lunch and Dinner

IT'S EASY TO ENROLL...

- **Phone** 1-800-NIKE CAMPS (1-800-645-3226)
- **Fax** 415-479-6061
- **Online** USSportsCamps.com
- **Mail** 750 Lindaro St, Suite 220, San Rafael, CA 94901

For immediate confirmation: Enroll by phone or online and receive immediate confirmation. If you choose to register by mail or fax, please complete the attached application form. We will send a confirmation to you after your application is processed.

Payments: A deposit of \$250 per week is required for registrations made before May 14, 2008. A payment by VISA or MasterCard is required if you register by phone, fax or on-line. Full payment of registration fees is required after May 14, 2008. We cannot allow campers into camp before all fees have been paid. We accept registrations right up to the start of camp where openings exist.

Cancellations: If you have to cancel, for any reason, we will issue you a camp credit for all camp fees paid, valid through 2009. Your camp credit is transferable to a family member and may be used for a Nike Swimming Camp. Cash refunds will be given only with the purchase of Refund Protection (see below).

Refund Protection: US Sports Camps offers our camp families Refund Protection for \$40 per session, due at the time of registration. Refund Protection entitles you to a full refund of camp fees (deposit or full payment) if you cancel for any reason before June 1st, 2008. Please note: \$40 Refund Protection fee is non-refundable.

With Refund Protection, if you cancel after June 1st, 2008, we will issue you a camp credit for all camp fees paid, valid through 2009. Your camp credit is transferable to anyone and may be used for any US Sports Camp.

NIKE Swim Camps APPLICATION (SWXRHD)



Camper's First Name _____ Last Name _____

(Address) _____ Street _____

City _____ State _____ Zip _____

Home phone _____ Work/Cell _____

Date of Birth _____ Male/Female _____

Email Address (must be able to accept attachments) _____

Team Name _____ Years of Competitive Experience _____

July 13 - 17 Overnight Camp Extended Day

Roommate Request _____

Payment Information:

Person Paying _____

Address (if different) _____

Payment Type: Visa Mastercard Check
 Deposit Full Payment

Card # _____

Exp. Date _____

- Please add \$40 for Refund Protection
- Please Charge the remainder on May 14, 2008

By submitting this application to US Sports Camps, Inc, I affirm that I have read and agree to the US Sports cancellation policy and hereby accept the terms of enrollment described in this brochure. Furthermore, I agree to pay all camp fees and authorize US Sports Camps to charge my credit card (if applicable).

Signature: _____

Make check payable and mail to:
USSC/Nike Swim Camps
750 Lindaro St, Suite 220, San Rafael, California 94901
1-800-645-3226 Fax: 415-479-6061
USSportsCamps.com



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