

## US SPORTS CAMPS, INC.

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



## 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 second 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

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## 2009 DATES AND PRICES

### July 12 - 16, 2009

(Camp starts Sunday afternoon and ends Thursday afternoon)

- **Overnight Fee: \$495**
- **Extended Day Fee: \$395**  
(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](http://USSportsCamps.com)
- **Mail** 750 Lindaro Street, 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 20, 2009. 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 20, 2009. 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.

**Registration Fee:** A \$15 non refundable registration fee is due at the time of registration. This is a yearly, one-time charge per camper regardless of the number of sessions.

**Cancellations:** If you have to cancel, for any reason, we will issue you a camp credit for all camp fees paid, valid through 2010. Your camp credit is transferable to a family member and may be used for any US Sports 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 \$25 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 May 15th, 2009. Please note: \$25 Refund Protection fee is non-refundable.

With Protection, if you cancel after May 15th, 2009, we will issue you a camp credit for all camp fees paid, valid through 2010. 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 12 - 16**       Overnight Camp       Extended Day

Roommate Request \_\_\_\_\_

### Payment Information:

Person Paying \_\_\_\_\_

Address (if different) \_\_\_\_\_

Payment Type:     Visa     Mastercard     Check  
 Deposit & Registration Fee (\$265)  
 Full Payment & Registration Fee

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

- Please add \$25 for Refund Protection
- Please Charge the remainder on May 20, 2009

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**  
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1-800-645-3226    Fax: 415-479-6061  
**USSportsCamps.com**