

Camp Staff:



Brad Erickson is in his 38th year as Head Swimming and Diving Coach of the Jackrabbits, and will serve as the camp director. Under his tenure, Jackrabbit teams have had great success since moving to Division 1 in 2004.

In 2013 the men finished second and the women fourth in the Summit League swimming and diving championships, setting 17 school records in the 2012-2013 campaign. Both men's and women's teams have been awarded Academic All-American numerous times by the College Swim Coaches Association of America. Erickson was also named Summit League Women's coach of the year in 2011, and Men's coach of the year in 2012.



Phil Hurley, assistant coach and recruiting coordinator, assistant camp director. Coach Hurley joined the Jackrabbit staff in the fall of 2004, and has been a valuable asset in recruiting quality student-athletes into the Jackrabbit Swimming and Diving program. He is the primary sprint and distance coach, and

continues to bring fresh innovative concepts into our daily practices. A native of Carlisle, PA, Phil swam for Dickinson College, and was a graduate assistant while completing his masters degree in exercise science at George Mason University.

The camp will also feature area coaches as clinicians, and SDSU swimmers will assist with supervision of practices and residence halls.

**For more information about SDSU
Competitive Swimming Camp or to
register on-line go to**

www.GoJacks.com

Swimming and Diving Camp
South Dakota State University
2820 HPER Center
Brookings, SD 57007

South Dakota State University



Competitive Swimming Camp



–Stroke Drills–

–Stroke Analysis–

–Meet Preparation–

–Workouts–

June 2-5, 2013

Jackrabbit Competitive Swimming Camp 2013

Instructional & Workout Camp

Coaches and Athletes,

Thank you for considering South Dakota State University Competitive Swimming Camp. We are very excited to host this camp. We look forward to four days of working on stroke mechanics, starts, turns, drills, and workouts. Sessions will allow each participant the opportunity to develop proper techniques in the competitive strokes, videotaping of strokes, and work on starts and turns. I am excited to see you at South Dakota State University this summer. Please return your application quickly as we have a limited number of openings.

Brad Erickson,

SDSU Head Swimming Coach,

Camp Director

Who can attend?

This camp is open to any and all boys and girls entering grades 5-12. 4th Graders may be admitted if accompanied by older sibling or older teammate. If a camper will require any accommodations due to special needs, we ask that you notify us via email or in writing of those needs a minimum of two weeks prior to the camp start date so we can make the accommodations.

How much?

The cost is \$370 for overnight campers (includes room and meals, and \$175 for commuters. A \$50 Non-refundable Deposit must accompany the application form. A 7.5% sales tax is included in the camp fee.

What should I bring?

Swim suits, towels, goggles, spending money, clothes for outside activities. Linens will be provided for overnight campers (bring your own pillow), or you may bring a sleeping bag or your own linens.

Accommodations

The camp fee includes instruction plus a T-shirt. Overnight campers will be assigned to a dorm room and roommate. If you have a roommate request, please note so on the application. Overnight campers' meals are included in the fee, commuters may purchase meal cards at check in.

What's the Schedule?

Application Deadline.....Tuesday, May 28, Camp is limited in numbers to insure adequate coach to camper ratio.

Registration.....12:30pm-1:00pm. Sunday, June 2nd

1:30-3:30 p.m. Stroke Analysis, Drills
3:30-5:00p.m. Organized Free Time
5:00-6:00p.m. Dinner
7:00-8:30p.m. Workout
8:30pm-11:00pm Free time in dorm
11:00pm Lights Out

Monday, Tuesday, June 3,4

7:30am Breakfast
9:00-10:15am Stroke Drills
10:30-11:00am Video's, Classroom sessions
11:00am-12:30pm Lunch
1:30pm-3:30pm Stroke Analysis, Starts & Turns
3:30pm-5:00pm Organized free time
5:00pm-6:30pm Dinner
7:00pm-8:30pm Workout
8:30pm-11:00pm Free time in dorm
11:00pm Lights Out

Wednesday, June 5

7:30am Breakfast
9:00-11:00am Stroke Drills
11:00-12:30pm Lunch
1:00-2:30pm Swim Meet
2:30-3:30pm Clean rooms, check out, camp closes on checkout

How do I sign up?

Fill out the application form completely. Read and sign the release form and then have a parent or guardian read and sign it too. Detach the application form from this brochure and send it along with your payment to the address below. You can make copies of the application form if you need them for a friend. Any questions, call 605 688-6527. See you at camp!

You can also find registration information online through the [swimming](http://www.gojacks.com) website at:
<http://www.gojacks.com>

SDSU Competitive Swimming Camp
2820 HPER Center
South Dakota State University

Brookings, SD 57007-1497
Attn: Beth Yoshida

June 2-5, 2013

Jackrabbit Competitive Swimming Camp Application Form

All campers MUST complete an application, including those coming as members of a team. NO cash accepted. Make checks or money orders to: Jackrabbit Competitive Swimming Camp. Credit cards may be used for online registration only.

Name _____ Birth Date _____

Address _____ Phone () _____

E-mail Address _____ Middle _____ State _____ Zip Code _____

☐ Payment In Full is included ☐ \$50 Deposit Only (Non-Refundable)

☐ Resident Camper ☐ Commuter Camper ☐ Commuter Meal Card

I would like to room with _____

School _____ Grade (Fall 2013) _____

Team Name _____ Coach's Name _____

Height _____ Weight _____ Age _____ T-Shirt size (adult sizes) _____

Office Use Only: Check # _____ Date Rec'd _____ Am't Paid _____ Am't Due _____ Acknowledge Sent _____

Release Form In consideration of the acceptance of this application, I, intending to be legally bound hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against South Dakota State University, or its representatives and/or assignees for any and all damages which may be sustained and suffered out of my traveling to, participation in, and returning from camp.

Participant's Signature _____

Parent's or Guardian's Signature _____

Medical Insurance Company and Policy Number _____