

**HAWAII SWIM CAMPS
INFORMATION
AND
PRE-REGISTRATION**

SESSION DATES

<u>Resident Camp</u>	<u>Day Camp</u>
1. June 11-16	1. June 12-16
2. June 18-23	2. June 19-23
3. June 25-30	3. June 26-30

Half-Day A.M. Camp
Whole-Day Camp
Resident Camp
Masters Camp (Week 2 Only)

Coach Sam Freas
UH/Duke Kahanamoku Pool
1337 Lower Campus Rd.
Honolulu, HI 96822

(808) 956-5377/(808) 956-9943 fax

Eligibility

Competitive swimmers ages 8 to 18 with a desire to have fun and improve. Stroke proficiency & meet experience is necessary. Masters swimmers ages 19 and up may attend half-day, whole-day or resident camp for week 2.

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(Masters Camp Week 2 Only)

Cost

Half-Day Campers \$225/session
All-Day Campers \$425/session*
Resident Campers \$525/session*
* A \$50 discount for each additional session. A fee will be charged for room, board and supervision between sessions.

Training

Competitive swimming instruction and training includes:

- Stroke technique
- Starts, turns
- Dryland
- Weight training
- Flexibility
- Reaction drills
- Intro. to mental training

- Professional and personalized instruction
- Flight Information and Ground Transportation**
Honolulu International Airport is served by most major airlines. Please schedule flights to arrive in Honolulu by 2:00 pm and to depart Honolulu by 4:00 pm. Ground transportation to and from the airport will be provided. Itinerary form must accompany final camp payment.

Camp Times

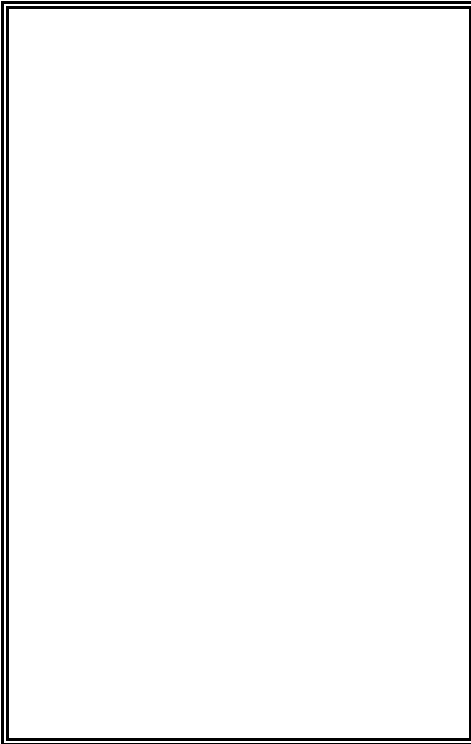
Resident campers check in Sun between 1 and 3 pm*
All-day campers 8 am Mon-Fri until 5 pm Mon-Thurs*
Half-day campers 8 am Mon-Thurs until noon Mon-Thurs*
*Camp ends between noon and 1 pm on Friday for everyone.

Staff

An experienced and professional staff of coaches will be actively involved in all phases of training. Coaches include: Dr. Sam Freas, UH men's and women's swim coach; Andy Deichert, asst. swim coach and weight trainer; Bruce Kennard, asst. swim coach and aquatic facility director. In addition, other experienced coaches and counselors will be on staff.

Extras Provided

- Free camp t-shirt
- Free camp swim cap
- Camp photos available *
- Ocean snorkeling and/or surfing with parental permission*
- Trips to attractions may be offered (Hanama Bay, Zoo, Aquarium) *
- * Additional cost



Housing and Meals

- Dormitory housing, 2/room
- Meals in campus dining hall adjacent to dorm, 3/day

Pre-Registration

Complete and return the pre-registration form with a \$100 deposit/session to ensure your place at camp; small coach to camper ratio so space is limited. Upon receipt of your pre-registration you'll receive confirmation and other pertinent information (medical forms, travel forms, etc.) to return with the balance of payment. Deadline for receipt of final information and payment is not later than May 19, 2000 .

Cancellations

Refunds for cancellations made two weeks prior to the start of camp will be provided minus a \$100 fee.

Questions?

Please feel free to call the UH swimming and diving office at (808) 956-5377 and ask for Sam or Rosemary or email us at: sfreas@hawaii.edu or visit our web site at <http://uhathletics.hawaii.edu/Swim/camp.html>