



Cyclone Diving Camp

by Dive Well, L.L.C.

Summer 2009

July 5-10

"The next best thing to diving is *coaching* diving, and I have great passion for both! I would love to work with you and teach you how to develop into the best diver that you can be. So join me on the Iowa State campus this summer for a great camp experience!" - Coach Warrick

CAMP FEATURES

- Full daily schedule
- Expert instruction
- Individual attention
- Videotape analysis
- TIVO video systems
- Camp T-shirt
- Lanyard
- Water Bottle
- Evening activities
- Fun and challenging environment

DIVING CAMP SCHEDULE

Sunday Evening

- 6:00-7:00 p.m. Check-in
- 7:45-8:30 p.m. Instruction
- 8:30-9:30 p.m. Diving

Monday-Friday morning

- 7:00 a.m. Wake & Breakfast
- 7:45 a.m. Warm-up exercises
- 8:00 a.m. Dry-land
- 9:30 a.m. Diving
- 11:30 a.m. Lunch & Rest
- 2:00 p.m. Diving
- 4:00 p.m. Goal-setting for divers presentation/activity
- 5:15 p.m. Dinner
- 7:00 p.m. Group Activity

Friday Afternoon

- 2:00 p.m. Warm-ups for meet
- 3:00 p.m. Camp Diving Meet
- 4:00 p.m. Check-out

FACILITIES

Beyer Pool is equipped with two 1-meter diving boards on concrete stands, two 3-meter boards on Durafirm stands, and a 5-meter platform. All diving boards are Maxiflex model "B" springboards. Next to the diving well are a trampoline and a dry-board that are each fully equipped with a spotting rig designed to help divers learn and perfect somersaulting and twisting dives. Beyer Pool is home to the Iowa State Women's Swimming and Diving Team.

WHY CHOOSE CYCLONE DIVING CAMP?

Because of Coach Warrick's ten years of experience working with NCAA Division I divers? Because we have the best diving facilities in the state of Iowa? Because you will gain knowledge for your emotional and mental preparation as you acquire techniques and drills for your physical preparation? Because Coach Warrick is committed to helping you achieve your personal goals?

Because you want to further fuel your passion for the sport of diving? Because you will have a great time and will develop new friendships?

YES!!!!!!!!!!!!!!



WHO CAN ATTEND?

Boys and girls ages 10 and up are eligible to attend. A wide range of diver skill levels may be attending camp, but you are expected to have had some diving experience and the ability to swim.



CYCLONE DIVING CAMP HEAD COACH



Jeff Warrick is in his eleventh season as Iowa State's head diving coach. Under Warrick, twenty-three Cyclone women and men divers

have advanced to the NCAA Zone Diving Championships. The standout year so far for the Cyclones under Warrick's direction was in 2005. That year the Cyclone diving team, composed of Katie Herman, Hillary Nichols, and Gail Olson, outscored all other Big 12 diving teams at the Big 12 Championships. Also that year, Nichols became the first Cyclone diver to qualify for the NCAA Swimming and Diving Championships since Janet Lahti in 1987. Warrick was hired at Iowa State following three years as the diving coach at West High School in Davenport, Iowa where he was a math teacher. He received his bachelor's degree in secondary mathematics education from Indiana University where he was a three-year Big Ten finalist, a qualifier for the 1992 NCAA Diving Championships, a participant in the 1994 Olympic Sports Festival, and a finalist at the 1994 United States Senior Outdoor Championships

The Cyclone Diving Camp is not an Iowa State University Camp but is operated independently. Permission to use ISU trademarks is granted under agreement by Iowa State University.

HOUSING

All resident (overnight) campers will be housed in the UDA Residence Halls on the ISU campus with two campers assigned to each room. Room assignments will be made in advance. If you have a roommate preference, write the name of that person on the registration form in the designated area. All camper rooms will be air conditioned.

CANCELLATIONS AND REFUNDS

Administrative commitments require a \$100 nonrefundable deposit. Should a camper leave a camp due to injury or illness, the camp fee is nonrefundable. If the camp fee is paid in full and an application is withdrawn 14 days or more before the start of camp, you will receive a refund less the \$100 deposit. No refunds will be issued within 14 days prior to the first day of camp.

HEALTH AND INSURANCE

The parent/guardian’s personal or injury insurance policy will be utilized as the primary insurance for the treatment of injuries and hospitalization of illness or injuries incurred during the sports camps.

IMPORTANT FOR PARENTS

After the camper has registered, a camper packet including directions and check-in information will be sent to each participant. **Note:** Completed and signed release forms must be on file to participate. No exceptions will be made. A physician’s signature is not required on the medical form if a

copy of a recent physical is attached. The physical must be dated within one year of the camp.

MEALS

All meals will be provided for the resident campers. Commuter campers will be provided lunch only.

CHECK IN/CHECK OUT

Check-in: Divers will check in at the Union Drive Residence Halls from 6-7 PM on the day (Sunday) the camp starts.

Check-out: Divers will check out at 4:00 PM on the day (Friday) that the camp concludes.

More check in and out information will be provided in your confirmation packet following your registration for camp.

CAMP FEES

Resident camp fees include room/board, all instruction, camp certificate, camp T-shirt, water bottle, & lanyard. Commuter camp fees include lunch, all instruction, camp certificate, camp T-shirt, water bottle, & lanyard. **Available Discounts:** Sibling discount—\$20 off each additional sibling.

FOR MORE INFORMATION

Please direct any questions regarding the Cyclone Diving Camp to Jeff Warrick at Cyclone Diving Camp, 118 S. Riverside Dr., Ames, Iowa 50010. Phone: (515) 450-9882. E-mail jwarrick@iastate.edu.

2009 Cyclone Diving Camp Application

Name: _____, Gender: M / F, Age: _____, Grade (next fall): _____, H.S. Letterman: Yes / No, Telephone #: _____

Address: _____, City: _____, State: _____, Zip: _____, E-mail: _____

Parent/Guardian: _____, Roommate Preference _____, Circle Adult / Child and T-shirt size: S M L XL

Emergency contact name: _____, Relationship: _____, Telephone #: _____

July 5-10 Diving Camp—**Resident:** Standard \$450.00 or Additional Sibling \$430.00
Commuter: Standard \$300.00 or Additional Sibling \$280.00

Release and Medical Authorization

The release and the treatment authorization must be signed by a parent or guardian if student is under 18 years old. Students who are 18 years old or will become 18 years old before the end of the camp/clinic must also sign. In order for students to participate in camp activities, we must have this form prior to the camp’s/clinic’s start date. Otherwise, parent or guardian must be contacted prior to release to participate.

Physician’s Authorization

This is to certify that this individual was examined by me on _____ (valid if within one year of camp/clinic) and that I found this individual to be physically able to participate in vigorous physical and competitive athletic sports. (School physical form acceptable if valid within one year of the starting date of camp/clinic.)

Date of physical exam _____ Allergies/Drug sensitivities _____ Other medical problems/current medications _____

Is an identification band or card carried to alert others to the allergy(ies), medical conditions or medication use? Yes No

Signed (Physician) _____ Date _____ Address _____ Office Phone _____

Release of Liability, Medical and Surgical Authorization

In consideration of Dive Well, L.L.C. granting the student permission to participate in the Cyclone Diving Camp/Clinic, I hereby assume all risks of his or her personal injury (including death) that may result from any Cyclone Diving Camp/Clinic activity. As guardian I do hereby release the State of Iowa, Iowa State Board of Regents, Iowa State University, Dive Well, L.L.C./Cyclone Diving Camp/Cyclone Diving Clinics and their officers, employees, agents, all instructors, and all participants in said Cyclone Diving Camp from all liability, including claims and suits at law or in equity, for injury, fatal, or otherwise which may result from the student taking part in Cyclone Diving Camp/Clinic activities. In addition, I hereby authorize and give my consent to the health authorities of Iowa State University or any licensed health professional to perform upon or administer any reasonable, necessary surgical or medical treatment. I also give permission to administer whatever anesthetic may be necessary or advisable during the medical or surgical procedures. This authorization is intended to cover emergency treatment, immunizations, injections, and minor operations and procedures. In the case of psychiatric and/or psychological treatment, parent authorization for treatment beyond that responsive to the emergency will be requested. I agree to assume all costs related to such treatment. I authorize my insurance company to pay benefits to Iowa State University Health Service or other hospitals and clinics. Also, I authorize the disclosure of medical information to my insurance company for purpose of claim. I understand that I will be responsible for any medical or other charges in connection with student’s attendance at this camp. (Each camper must provide his/her own medical insurance.)

Parent’s/Guardian’s Signature _____ Date _____ Student’s Signature _____ Date _____

Insurance Information (please print)

Name _____ Insurance Company _____

Insurance Co. Address _____ Policy No. _____

Policy Holder _____ Does your insurance carrier require prior approval? Yes No

Please make check payable to Dive Well, L.L.C. for full amount or \$100 nonrefundable deposit. Send check and completed form to: Jeff Warrick, 118 S. Riverside Dr., Ames, IA 50010