



2017 Grand Valley State University Instructional Diving Camp

Early Summer Session (\$110)

June 19—June 23

Monday—Friday

3:30pm - 5:30pm

Mid-Summer Session (\$110)

July 10—July 14

Monday—Fri

3:30pm - 5:30pm

Early HS Start Session (\$110)

July 31—Aug 4th

Monday thru Friday

3:30pm - 5:30pm

Who May Enroll

Participants must be at least twelve years old or have had previous competitive diving experience to enroll.

Our diving camps are aimed at preparing boys and girls to compete in diving as part of a team either for their club or their school.

All sessions are limited in enrollment.

We strive to maintain a camp size that allows us to be effective teachers and for each diver to get as much individual attention as possible.

What to Bring

Swim Suits · Towels/Sammie · Shorts · T-shirt
Tennis Shoes · Lock
A desire to learn and to get better!

Four Basic Keys to Doing Excellent Dives

Body Alignment · Board work and takeoffs · Initiating and
Stopping Rotation · Entries and Lineups

Daily Schedule

First 15-20 Min	Dryland / Discussion Core strength Body lines Stretching
Remaining	Diving Boards Board Work Basic Diving skills Advanced Skill Works Focus Group training Entries

“Practice doesn’t make perfect. Only perfect practice makes perfect!”

Unknown

Camp Leadership

Steve Burciaga: Head Diving Coach at Grand Valley State University. He was recently named the NCAA Division II Diving Coach of the Year, Michigan Boys Division 3 Diving Coach of the Year in 2010, 2011. He has coached and developed Conference Champions, Regional Champions, State Meet Champions, AAU National Champion, NCAA National Champion, NCAA National Qualifiers, USA Diving National Qualifiers and High School and NCAA All Americans.



Tyler Keelean: Tyler one of Grand Valleys all time top 10 male divers. He is an NCAA All American and holds top scores on 1 meter and 3 meter. Tyler has experience in developing young and experienced divers.

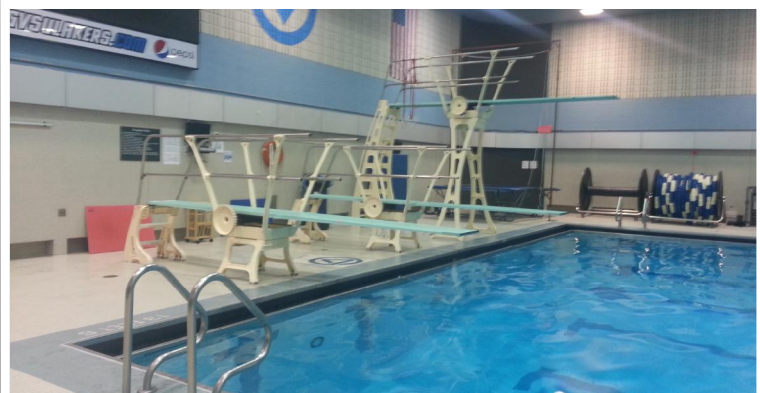
Mikayla Karasek: Mikayla is an upcoming diver at Grand Valley and has the skills to help young and experienced divers to develop their diving skills.

Our camp is a teaching camp.

Using **videos, lectures and discussion** we show how elite and Olympic level divers use the Four Basic Keys as they perform in meets.

Divers will learn how to apply these same keys to their diving under the direction of their group coach through daily work on the diving boards and while learning **dryland** drills and perfecting **entries**.

Each diver has their dives **video taped and critiqued** by one of our coaches each session. We will try and focus on strengthen each divers new dives built over this time.



2017 Diving Camp Registration Form

(Only one diver per form please. Please print neatly)

Name _____	Diver Information	Camp T-Shirt Size
Address _____	Boy _____	(Check one) Adult Sizes
City _____ Zip _____	Girl _____	Small _____
Phone # _____ Email Contact _____	Age _____	Medium _____
	Grade _____	Large _____
		X-Large _____

Camp enrollment is limited.

Completed applications are accepted in the order received until a camp is filled. If a camp is filled, your deposit will be returned promptly.

Cancellations and Refunds

Due to the limited number of spaces available, there will be no refunds once camp has started.

A Few diver Questions

Do you dive for any Diving club? No _____ Yes _____

if Yes, Club name _____

Do you have any 3 meter experience? No _____ Yes _____

How many years have you been diving: _____

Are there any new dives you are looking to get at camp? No: _____

Yes: _____

Sessions Signup

Team Discounts apply to divers from same school

Session I—Early Summer

_____ Price: \$110 | 1) Session I - Individual

_____ Price: \$100 | 2) Team Discount (2+)

Session II—Mid Summer

_____ Price: \$110 | 1) Session II - Individual

_____ Price: \$100 | 2) Team Discount (2+)

Session III—Early HS Start

_____ Price: \$110 | 1) Session II - Individual

_____ Price: \$100 | 2) Team Discount (2+)

Optional Cost:

_____ Camp Shammy (\$20)

_____ GV Logo Image similar to shammy

_____ Total Cost



Required Waiver

Parents, please take time to discuss this with your son/daughter.

Both parent and diver must sign before we will accept this application.

I understand that diving is a potentially hazardous activity. I understand that the risk of injury can range from minor bruises to more permanent injuries such as paralysis. I assume all risks associated with participation in this camp including but not limited to, falls, contact with other participants, improper entries into the water and hitting the diving board. I agree to follow the direction of the camp and university staff in regards to my actions while participating in instruction, skill work, camp activities and using university facilities.

I agree to give my best in each session. I will take pride in my performance and look for ways to improve in each session of camp. I will work to help make this camp fun for myself and all the other divers around me. I will respect my fellow divers and work to develop a great Team Spirit all week.

Diver Signature: _____

I have read the above statement and discussed it with my son/daughter. I understand that Grand Valley and it's staff/coaches will take all reasonable precautions for the safety of all participants and I release Grand Valley State University, it staff/coaches and everyone connected with the facilities from all claims of liability in conjunction of my son/daughter's participation in this camp.

Parent's signature: _____

Mail this application with a \$100 deposit to:

GVSU Diving Camp
c/o Steve Burciaga
Grand Valley State University
Allendale, MI 49401

Make checks payable to GVSU Swimming and Diving. **Any remaining camp fee is due the first day of camp.**