



# 2018 Grand Valley State University Instructional Diving Camp

## **Early Summer Session (\$115)**

June 18—June 22

Monday—Friday

3:30pm - 5:30pm

## **Mid-Summer Session (\$115)**

July 9—July 13

Monday—Friday

3:30pm - 5:30pm

## **Early HS Start Session (\$115)**

July 30—Aug 3

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!

### **Daily Schedule**

First 15-20 Min Dryland / Discussion

Remaining      Diving Boards  
                         Board Work  
                         Basic Diving skills  
                         Advanced Skill Works  
                         Focus Group training  
                         Entries

### **Camp Leadership**

**Steve Burciaga:** Head Diving Coach at Grand Valley State University. He was twice 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 Valley's 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 NCAA All American attending 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**.

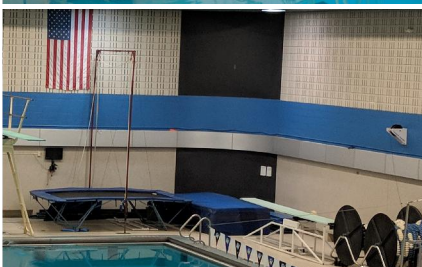
Each diver has their dives **video taped and critiqued** by one of our coaches each session. We will try and focus on strengthening each divers new dives built over this time.

### **Four Basic Keys to Doing Excellent Dives**

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

### **New Equipment to help your progressions**

New Bubbler · Dryboard with Pulling Rig · New Elite Trampolines · Added TiVo systems



# 2018 Diving Camp Registration Form

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

<b>Name</b> _____	<b>Diver Information</b>	<b>Camp T-Shirt Size</b>
<b>Address</b> _____	Boy _____	(Check one) Adult Sizes
<b>City</b> _____ <b>Zip</b> _____	Girl _____	Small _____
<b>Phone #</b> _____ <b>Email Contact</b> _____	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: \$115 | 1) Session I - Individual

\_\_\_\_\_ Price: \$105 | 2) Team Discount (2+)

### Session II—Mid Summer

\_\_\_\_\_ Price: \$115 | 1) Session II - Individual

\_\_\_\_\_ Price: \$105 | 2) Team Discount (2+)

### Session III—Early HS Start

\_\_\_\_\_ Price: \$115 | 1) Session II - Individual

\_\_\_\_\_ Price: \$105 | 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 \$50 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.**