
Winter

INDIANA

Diving

2009

Indiana Diving Academy • Assembly Hall • 1001 E. 17th Street • BLOOMINGTON, IN 47408 • 812/856-5105 • 812-856-4537 Fax

Dear Diver,

Welcome to the 1st Annual 2009 Indiana Diving Academy Winter Training Camp !!! Our whole staff is looking forward to working with you this winter !! Please take some time to read this form and fill out all appropriate paper work to be submitted for diving camp. If you have any questions regarding forms or the camp in general, please do not hesitate to contact us. We look forward to a very successful 2009 Winter Dive Camp !!

Camp House Location

IU Christian Student Fellowship
1968 N. Jordan Ave.
Bloomington, IN 47406

Required Forms:

- USA Diving Registration
- Medical Consent Form
- Diving Safety Form
- Release of Liability Agreement
- Diving List & Experience Form

These forms are all available on the website indianadivingcamps.com. You may fax, send or email any of these documents. Please submit these forms as soon as possible.

Mail all Camp forms to:
ATTN: Todd Waikel
Assembly Hall
1001 East 17th Street
Bloomington, IN 47408

Or Fax:
Attention Todd Waikel
812-856-4537

Camp Checklist:

(What to Bring)

- Sign & return medical form
- Sign & return diving safety form
- Sign and return Release of Liability Agreement
- Return Diving List & Experience Form
- Register with USA Diving and send a copy of your 2009 registration card
- If you need a ride to/ from the Indianapolis airport contact the Star of America Shuttle Service at: 812-876-7851 or charterstaramerica.com
- Pillow, sleeping bag, sheets, and/or blanket
- Clothing, Towels, Swimsuits, Chamois, and personal articles (All marked with your name.)
- Fun Events at House: Bring Crazy Clothes and Décor for Christmas and New Year's Themed Parties.
- Spending money (for purchase of apparel, snacks, Camp DVD, etc)
- Cell phone/ Long distance calling card
- Prescription medicine
- A Great Attitude, a willingness to push yourself to the limit, and a desire to have 5 days of GREAT FUN !!!

What Not to Bring

Don't bring anything very valuable or large sums of cash. The fraternity house will be locked during the day, but campers will not be able to lock their rooms. In the camp environment, divers tend to forget or misplace items.

We recommend labeling all clothing and personal possessions. We also recommend bringing a lockable suitcase for keeping spending money and other valuables.

Campers stay in a fraternity—it's not a five-star hotel! We have chosen these accommodations in order to keep fees affordable. And while our Camp House is still nicer than the lodgings of most camps at IU, we still encourage you to bring a GREAT attitude expecting to "rough it" a bit.

Check-In & Out

- **Check-in** is at 1 p.m. on Sunday, December 27th at the Christian Student Fellowship House, 1968 N. Jordan Avenue.
- **Check-out** is at 11am on Thursday, December 31st at the same location.

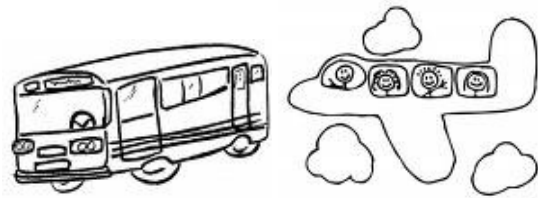
Refund Policy

THERE WILL BE **NO REFUNDS** UNDER ANY CIRCUMSTANCES. Nor will credit be given towards summer. Unlike summer camp, we have a very finite number of spots we are able to fill, and once those are filled we are forced to turn divers away.

Medical Care, Diving Safety

The "Consent for Treatment of a Minor" form is very important. It must be returned before a camper will be admitted at check-in. Medical treatment while at camp is provided at the IU Health Center or the Bloomington Prompt Care clinic. Costs incurred will be billed to campers' own medical insurance.

The diving safety form is a note to parents and divers about from U.S. Diving research. Please read, sign, and return it.



Transportation

Indiana Diving Academy has teamed up with Star of America Shuttle Service to provide transportation to and from the Indianapolis Airport. The cost for the shuttle is \$15.00 each way. To set up transportation, contact Star of America at 812-876-7851 or visit their website at charterstaramerica.com.

**** The shuttle will drop divers directly off at the Camp House. However, you must tell the shuttle driver that you are with the Indiana Diving Academy. We are not on their normal route. If you do not tell the driver, they will drop you off somewhere else in Bloomington to fend for yourself. ****

If you are an unaccompanied minor (14 & under) and need transportation to/from the airport, please contact us and we will arraign for someone to pick you up.



Daily Schedule

Sunday

1:00-4:00	Check-In @ Camp House / Practice
5:00-6:00	Dinner
6:00-6:45	Camp Orientation
6:45-8:30	Practice
8:30-10:00	House Orientation/ Social
10:00	Bed Time / Lights Out

Monday-Wednesday

7:00am	Wake / Dress
7:15-7:35	Breakfast
7:35-7:45	Leave for pool
7:45-8:00	Warm-up exercises on deck
8:00-10:15	Dive
10:15-11:30	Trampoline and Port-A-Pit
11:30-1:00	Lunch and rest
1:00-3:30	Dive
3:30-5:00	Video review, conditioning, or audiotape
5:00-7:00	Dinner / Relax
7:00-10:00	Nightly Activity
10:00pm	Bed Time / Lights Out

Thursday

7:00-10:30	Practice
11:00	Check-Out @ Camp House

Evening Schedule – Changes probable

Sunday	Orientation/Practice/Social
Monday	Lecture/Christmas Party
Tuesday	Lecture / Talent Show
Wednesday	Farewell Dance Party

Contacting Campers

You may write to a camper using the below address. You should insure your package and ask for delivery confirmation when possible.

Indiana Diving Academy
 CAMPER'S NAME
 IU Christian Student Fellowship
 1968 N. Jordan Avenue
 Bloomington, IN 47406

You may fax your camper at 812/856-4537. Faxes will be delivered daily. You may also send an email to justinpatrickdavis@gmail.com, please put the campers name in the subject line.

If your child does not have a cell phone, they will be more than welcome to use any of the House Counselor's cell phones to call home.

IN CASE OF AN EMERGENCY, please call our Camp House Director - Justin Davis. His number is 317-612-4737. He will be always with the campers and available to receive calls day and night.

If you wish to reach our coaching staff concerning your camper, you may call Todd Waikel at the camp office, 812/856-5105, or Dr. Huber's office number, 812/855-5710, email or fax us.

As always, parents are invited to attend camp at any time to encourage their diver !!



Rules and Regulations

These rules and regulations are to be followed by all campers during their visit to the Academy. Failure to follow them will result in immediate dismissal. Please remember that each diver's behavior is a direct reflection on the Academy and the sport of diving.

15. No smoking or drinking alcoholic beverages. Anyone drinking will be immediately sent home.
16. Divers are not permitted in certain areas of the house. These areas will be designated and are considered off limits. Failure to obey these rules will result in immediate dismissal.
17. Boys are not permitted in girls' rooms nor the girls in boys' rooms. Violation of this rule means dismissal.
18. Divers are expected to make all workouts, lectures, recreational activities, etc., unless excused by Coach Huber.
19. The house counselors are in charge. Their word is final and will be backed by Coach Huber. Failure to follow the counselors' instructions will result in dismissal.
20. Stay out of the kitchen and do not take food from the dining area.
21. No running or rough play inside the house.
22. Divers 14 and under may not leave the house premises except for supervised camp activities. Divers 15 and older must sign out before leaving and be back on the house premises at an appointed time. All divers must be in the house, on their floors, and in bed with the lights out by the appointed time set by the house counselors.
23. Divers roaming the house, leaving the house, and/or causing trouble after lights out will be dismissed. If you are on the balconies after hours you will be dismissed from camp immediately.
24. No one will be permitted to go out at night alone or without permission from a house counselor.
25. Divers must wear clothes and shoes during meals (i.e., no swim suits).
26. Please bring athletic shoes and socks to all conditioning sessions.
27. Divers are not permitted to operate cars unless the cars belong to them and they have their parent's permission and Coach Huber's permission to drive off campus. No other divers may ride in the car unless given permission from the counselor or Coach Huber. No divers may drive to any practices.

Indiana Diving Academy Objectives

These objectives are what we hope to accomplish with you while you are at camp. We'll start at whatever level you are currently diving and work up to your potential.

1. To be able to perform a list of basic compulsory and optional dives.
2. To be able to demonstrate a tower take-off for front, back, and inward actions.
3. To dive up to your greatest potential. This means learning as many dives, both spinning and twisting, as you are currently ready to learn.
4. To learn fundamental diving mechanics based on scientific principles and laws.
5. To be able to demonstrate the proper techniques for front, back, and reverse entries into the water.
6. To be able to demonstrate a knee save for back and reverse entries and a pike save for front entries.
7. To develop a good competitive attitude.
8. To develop good workout habits for daily practices.
9. To learn how to use short term and long term goal setting for motivation and improved diving performance.
10. To learn to take instruction, cooperate with others, and demonstrate discipline in practice and competition.
11. To develop a positive attitude toward yourself, your team members, your coach, and your competitors.
12. To learn the importance of relaxation, visualization, and self-talk for diving performance.
13. To experience being in somersault and twisting belts and learn new dives in them.
14. To learn some techniques for dealing with fear of learning new dives and fear of competition.
15. To learn that the most important thing is to always give your best effort and focus on your own diving because that is the only thing you have control over.
16. To understand the importance of conditioning and to personally go through a conditioning program.
17. To have fun with the sport of diving!